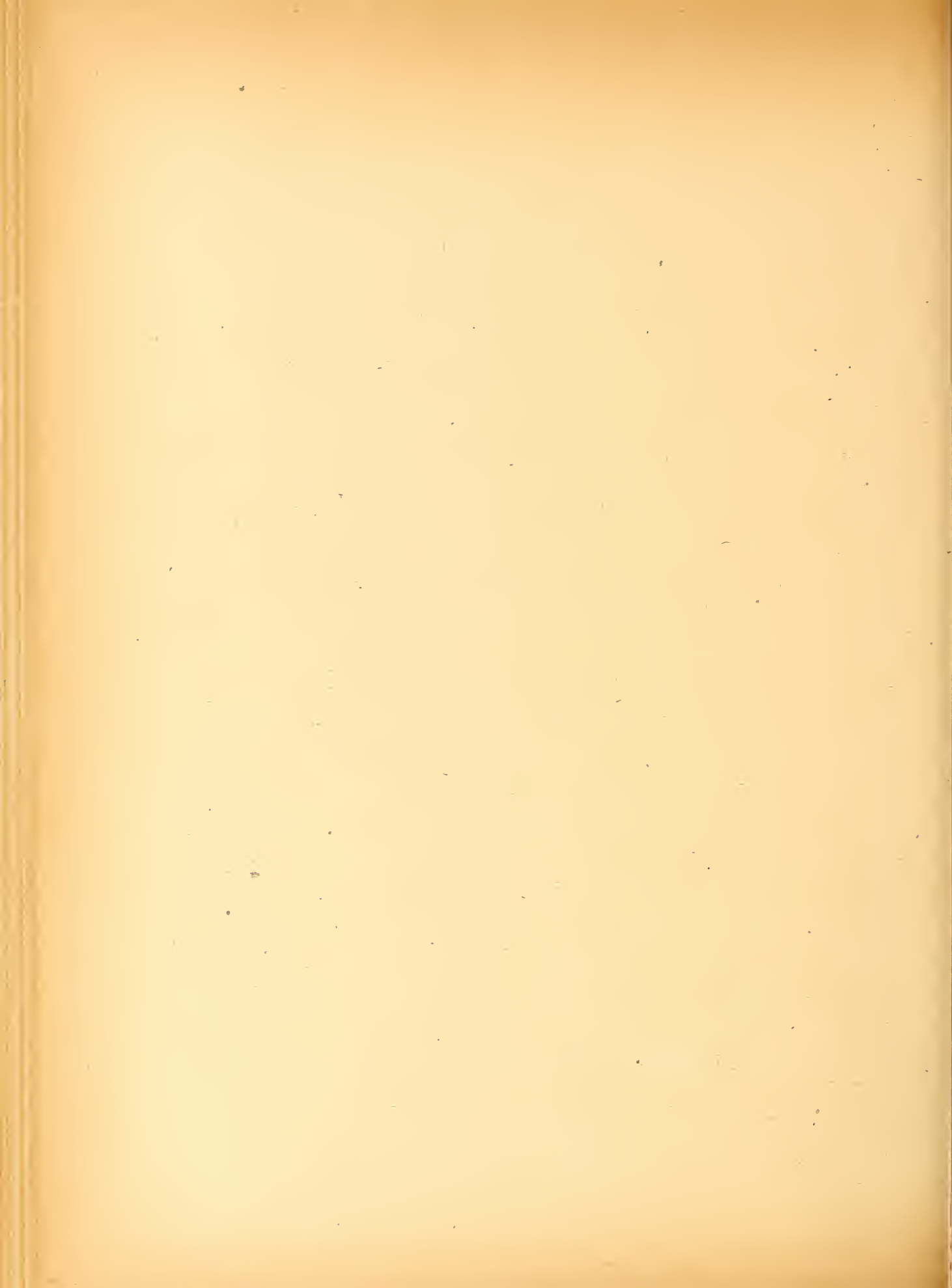


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New York, 7, N.Y.
October 14th, 1944

.....W-H-A-T-'S I-N-S-I-D-E.....

FEATURE THESE.....Plentiful fruits and vegetables in the Northeast region.

WAR FOOD ADMINISTRATION
Office of Distribution

.....SOYA BREAD FOR GREECE.....



Ships that carry soybean products from America to our Allies and friendly nations across the seas carry a weapon that fights the ravages of war.

Soybeans are rich in fat and protein. Children need protein to grow. Healthy adults and children need protein to stay healthy. And run-down bodies need protein to regain health and build up resistance to disease.

Those are the reasons why Greece has requested soya flour from this country. And through the Swedish-Swiss Relief Commission, we are now sending them 250 tons per month.

When the request for soya products for Greece came to the Office of Distribution, War Food Administration, it was thought that a recipe should go with the soya so that the best use of the product could be made. Soya specialists in the War Food Administration recommended that the soya flour be used in making bread...along with wheat flour milled in Greece. So a formula was set up. Then the bread had to be baked under conditions as nearly as possible to those in Greece. The War Food Administration contacted two small Greek-operated bakeries...one in Rochester, New York, and one in Washington, D.C....both of which bake hearth bread in the same manner as bakers do in Greece.

The purpose of the baking experiments was to get a loaf of bread that would compare in odor, texture, color, and flavor to the wheat loaf...used by the Greeks...and yet give the added nutrition of soya. Standard hearth loaves were made first of whole wheat flour comparable to the flour milled in Greece. Then loaves were made with five percent of the whole wheat flour substituted with soya, and again with 10 percent of the flour substituted with soya. No change was made in the amount of yeast and water.

The first of the two baking tests was run in the Rochester bakery. The three types of bread were baked according to formula by the Greek baker in a hearth-type oven. These samples were taste-tested in the home of the baker where his 80 year old mother and mother-in-law live. These elderly women lived in Greece most of their lives and said that the bread compared very favorably to that of their native country. They said the addition of soya had not changed the flavor.

The second experiment was made in Washington, D.C. based on changes thought necessary after the Rochester test. The bakery was owned by a man whose family in Greece have not been heard from in over three years. For this reason, the baker had a personal interest in the test as a service to the people of his native land.

In contrasting the three types of Greek bread...without soya, with five per cent soya and 10 percent soya...there was not enough difference found to affect taste-acceptability. Several food specialists from the

...3...

War Food Administration and UNNRA, and FEA who tried the samples preferred the bread with ten percent soya.

There is protein in wheat flour as well as in soya, but when the two flours are combined they provide a product that is superior nutritionally.

Soya for Greece will also be shipped as an ingredient in stews, spaghetti and dry soup mixes.

The amount of soya enriched soups, stews and spaghetti now shipped is sufficient to provide about four servings per month to every Greek citizen.

.....FISH ON ICE.....

Total stocks of fish now in commercial storage in the Midwest, New England, Pacific, Atlantic, and Gulf states have reached an all-time high. The inventory in September totalled over one hundred and twenty-three million pounds.

Previously the largest quantity of fish ever reported in storage was 117 million pounds...the amount held on December 1st, 1941. With the submarine threat smashed and with the return of more fishing vessels to the industry from our Navy, the fishermen of this country have made an all-out effort to see that Americans get plenty of protein food.

However, there is a "catch" to this large stock on hand. The heavy catches are normally made in the fall months. New shipments of fish will be coming in to our ports and there will be no storage space for them since available freezers are just about filled to capacity. Now is the time for homemakers to be placing orders for mackerel, whiting, cod, haddock, rosefish, croakers, flounders, hake, lake herring, and other fish.

The holdings of mackerel total over 11 million pounds compared with an average stock at this time of 7 million pounds. Holdings of whiting increased by 3 million pounds during August. Salmon stocks are up about 4 million pounds in the same month, though this is about the normal seasonal increase. There is also an ample supply of halibut.

Among the fresh water species, stocks of frozen lake herring are about six times as large as last year and the new herring season is only a few weeks distant. Whitefish, blue pike, lake trout and most other lake and river species also show increases over last year.

Fishery products provide a variety and quality of nutrition factors found in few foods. They are excellent sources of protein, are rich in vitamins, and contain minerals both in quantity and variety. Some fish also contain considerable fats. Because of the medium in which fish live, ~~the~~ tough strong muscles are not necessary and consequently the flesh is tender.

Broadcasters may wish to check on local supplies and then suggest recipes for using our bountiful supply of salt and fresh water fish.



.....EXTENDED ENGAGEMENT FOR ONIONS.....

Onions are still plentiful though they ceased to be a Victory Food Selection, October 7th. Harvesting in the western producing areas of sweet, mild type onions will continue through October. This variety of onion is marketed largely during the period from September through February. Other varieties, including Yellow Globes from the Northern areas, are in fairly heavy supply until March.

Because many of the yellow or storage type onions can be held until spring, now is the time to make use of the sweet, more perishable onions. These are familiar as the garnish that goes along with hamburger and bun. Their flavor also recommends them for stews, boiling and general use.

.....FAT SALVAGE CAMPAIGN CONTINUES.....

As drops of water make the mighty stream, so every teaspoon of used kitchen fat salvaged in American households adds to the reservoir of tallow and grease needed by this country in the coming year.

Perhaps homemakers have thought that with lard and cooking oils off the ration list they can let up on their salvage efforts. Well, lard was taken off rationing in March solely because heavy seasonal hog slaughterings temporarily boosted the supply. Storage space at that time was limited and being used to capacity. Other cooking oils were removed from rationing in April because they are largely interchangeable with lard.



Now there is as great a need for salvaged fat. For the year beginning October 1st, our total supply of edible and inedible fats and oils is expected to shrink. Lard production may drop as much as a billion pounds this coming year. Along with the decline in domestic production of fats and oils there is no hope for increased imports. Europe's demand will be large for some time to come. And we cannot look to the Orient for any quantity until after the Japanese are driven from the Philippines, Malaya, and the East Indies.

One way we can add to our supply is through home salvage efforts. The fat salvage campaign in the past twelve months brought in one hundred and eighty million pounds of fat. But it is estimated that five hundred million pounds of fats are wasted annually in households and eating places. If we could salvage 230 million pounds of used kitchen fats it would be the equivalent to the lard from seven million head of hogs or the tallow from the slaughter of about 3 million head of cattle.

Homemakers got four cents and two red points for every pound of salvage fat they turn in to their butcher. From the butcher, salvaged fats go into a general pool of inedible tallow and grease. Of this supply about a fourth is used in the manufacture of lubricants, fatty acids and for other industrial purposes. The balance goes into soap. Nor is that soap needed for cleansing purposes only. Non-cleansing soaps are used in scores of industrial processes. In fact, one fourth of our soap is used for military purposes and in the production of synthetic rubber. Glycerine, vital in explosives, is a by-product of the manufacture of both fatty acids and soap.

Salvaged fats can supply at least a tenth of our needed inedible animal fats. So every American homemaker is doing her bit toward final victory when she turns in a pound of kitchen fat.

.....ARMY STILL BUYING TURKEYS.....

Until the Quartermaster Corps has obtained 60 million pounds of turkey for the armed forces, civilians will find little turkey on the market. The poultry now being purchased is needed to supply dinners on three holidays for our fighting men and women.

The War Food Administration, working with the army on this purchase, issued War Food Order No. 106. This order requires processors in the major producing areas to set aside for government purchases all turkeys that meet army requirements. As soon as the desired amount is purchased, this order will be terminated.

Last year our service men and women in all theaters of war had turkey on Thanksgiving, Christmas, and New Year's Day. The special menu symbolized traditional holidays at home, and for this reason American turkeys are going abroad again this year.

.....THE WHY OF GOVERNMENT-OWNED FOODS.....

Food production during 1944 is expected to be almost 40 percent above pre-war levels. Following closely this expanded program comes Government buying and supply schedules. The Quartermaster Corps buys much of the food for our military forces. Those purchases by the Army are large because there must be food reserves for each man overseas. This means supplies in this country, in military depots overseas and in transit. There must also be food for emergency feeding in liberated countries.

The War Food Administration buys food for our Allies, Territories, UNNRA, the Red Cross, and other war programs. Also certain amounts of food have been bought by the War Food Administration to support producer prices.

At a recent meeting with people in the food industry (October 9th in New York City), Lee Marshall, Director of Distribution in the War Food Administration told that the WFA now has a "working" inventory of two million tons of food worth about 600 million dollars. This food owned by the WFA does not include army owned stocks.

In this inventory are 19 million pounds of frozen meats. Most of this is pork, and large as the figure seems it is only equivalent to the amount shipped under lend-lease in 15 days during August. There are 50 million pounds of cured meats.....another month's supply.

At present, a little less than five million pounds of butter are owned by the War Food Administration...in addition, 23 million pounds of Carter's Spread and about 4 million pounds of butter oil. Most of this is for shipment to the Russian army this winter. On a yearly basis, U.S. civilians get 80 out of every 100 pounds of butter made in this country. Our army gets 15 out of every 100 pounds and the Russian forces get the other five.

The 90 million pounds of cheese owned by the WFA are about a three month's supply for lend-lease needs. These supplies were stored from last spring, and summer production.

The shell eggs owned by the WFA amount to slightly less than one million cases. These eggs were not bought for war needs but to support producer prices. These stocks...like other support price purchases...will be sold in consumer channels in this country when the market is able to absorb them. Those which the market cannot absorb will be diverted to school lunch programs and public institutions.

Most of the dried eggs in WFA storage are for war requirements. The stocks now total close to 100 million pounds and mean an eight month supply for lend-lease deliveries. There are 38-1/2 million pounds of frozen eggs. These will be sold to driers, bakers, confectioners, and other trade groups.

In dry storage, the WFA has less than 100 million pounds of canned meats. Both military and lend-lease programs call for large amounts of canned meats; so the amount in storage is only about a two-month supply. There are 3-1/2 million cases of evaporated milk...about a four-month supply because war requirements are heavy for this product. Then there are 461 thousand cases of canned fruits and 4 million cases of canned vegetables. These canned goods are packed once a year after crops are harvested; so the Government order for the coming year is placed as soon as the pack is completed.

Mr. Marshall emphasized the fact that careful check is made on stocks to avoid spoilage. Since the beginning of the lend-lease program in March 1941 up to the present, the loss on WFA-owned food has been less than one dollar on every five thousand dollars worth of goods purchased. He said that as food was not needed to meet immediate war requirements it was released to the trade...and only as the trade could absorb it. From May to September of this year, more than 21 million dollars worth of government owned foods have gone back to civilians.

.....NEWS OF THE NORTHEAST REGION.....

(Cleared by OWI with an "A" essential rating)

GOOD NUTRITION KEEPS THE DOCTOR AWAY.....

At the Conference of the Massachusetts Home Economics Association, on October 6th and 7th, some extremely interesting topics were discussed... among them, the Home Economist's responsibility in her community, and the necessity of more young girls learning more about the economics of the home right now, while they're in school.

One of the speakers, was Mrs. Dean Ricker of Shrewsbury, an outstanding homemaker. Mrs. Ricker is especially interested in effective nutrition and feels that if it were taught in schools, along with sewing and cooking, we would have a healthier nation.

Mrs. Ricker cited some interesting observations of her own family to prove how much good nutrition can accomplish. She has seven children, the oldest of whom is now 26. When this oldest boy was born, the benefits of orange juice, codliver oil and milk were not as widely known as they are now. After his birth, Mrs. Ricker learned more about nutrition and child feeding...so that the other children got better and better food as they came along. And here are the astonishing facts. Over a period of twenty years, the oldest boy accounted for all but one of the doctor's visits to the Ricker home.

Mrs. Ricker, a charming and attractive woman, referred to homemaking as a "profession". She feels that homemakers can help to make family influences far reaching in solving some of the problems brought about by the war. One of these problems, which she stressed, is the way in which children now-a-days are losing sight of the importance of budgeting and careful spending. Children have odd jobs after school...they are earning small amounts themselves...and their parents, too are earning more. Mrs. Ricker feels that this would be a strategic time for homemakers to educate their children in the value of effective buying...and for adolescent girls and war brides to learn the same necessary lessons.

FEATURE THESE.....

Here are lists of plentiful fresh fruits and vegetables in major markets in this region. We suggest that you feature these fresh foods when you give meal-planning suggestions to your listeners. This is the nineteenth installment of this feature which you'll find in RADIO ROUND-UP ON FOOD each week.

Latest wire information from our market news office is the basis for this report. For daily developments during this current week, phone your local market news office.

BOSTON

Apples
Beets
Cabbage
Carrots
Cauliflower
Celery
Onions
Radishes
Spinach

NEW YORK CITY

Apples
Snap Beans
Beets
Cabbage
Cauliflower
Celery
Onions
Peppers
Potatoes
Sweet Potatoes
Squash
Spinach
Turnips

PHILADELPHIA

Apples
Snap Beans
Beets
Cabbage
Onions
Potatoes
Sweet Potatoes
White Turnips

PITTSBURGH

Apples
Cabbage
Celery
Leaf Lettuce
Onions
Potatoes
Spinach

BALTIMORE

Snap Beans
Cabbage
Celery
Onions
Sweet Potatoes
Spinach

Comment.....

Onions are arriving at nearly all markets in plentiful supply and at reasonable prices. They are one of the week's best buys. There is still time to take advantage of the opportunity to can applesauce for the coming winter.



Radio Round-up

on food

A Service
For Directors of Home Forum Directors

New York, 7, New York
October 21st, 1944

...W-H-A-T-I-S I-N-S-I-D-E...

POINTS ON BUTTER....Explaining the shortage.

CRANBERRY COLOR FOR MEALS....This year's cranberry prospects.

FACTS ABOUT U.S. MEAT EATING...What we eat, and what we can expect to eat.

DRIED FRUITS FOR THE HOLIDAYS....Report on the current situation.

APPLES FOR A YEAR OF DAYS....Looking ahead for apples and apple products.

CELERY STALKS THE MARKET....It's plentiful and it's good.

CABBAGE FOR VITAMIN C.....C is for cabbage and plenty in cabbage.

THIS IS O-FISH-AL....Fish that need a little attention.

SWEET AND PLENTIFUL....Sweets put in an appearance.

PLENTIFUL FOOD INFORMATION....In the Northeast Region.

WAR FOOD ADMINISTRATION

Office of Distribution

Mode of Distribution

.....POINTS ON BUTTER.....

With butter now 20 ration points a pound, have you heard this remark...."If I only had more red coupons I'd get more butter." The answer to that of course is that the supply of a commodity determines the ration point value. It's not the points that are short...it's the butter.

In the first seven months of this year the output of creamery butter was about 131 million pounds smaller than for the first seven months of 1943. July production was the lowest in 22 years. But supplies in general were adequate to meet the rationed demand. Now preliminary reports indicate that production in August and September will be 15 million pounds lower than during the corresponding months in 1943. Since there is usually a period of two weeks or more between the time butter is produced and the time it is on the market, the butter shortage was not really felt in most sections of the country until the first of September. Some coastal areas...those farthest from the major Midwest butter producing states.....felt it earlier.

This year 95 percent of our butter is going to Americans...80 percent to civilians, 15 percent to Armed Forces. The remaining 5 percent is going to Russia for military use.

The shortage of butter does not mean total milk production has droppedthis year averaged with last. In 1944 the total milk output is expected to be about 118 billion pounds...about 15 billion pounds more than before the war. This increase though has gone into expanded sales of fluid milk and into increased production of such products as cheese, evaporated milk and milk powder. Civilians are now drinking between 20 and 25 percent more milk than they drank before the war. This is desirable from a nutritional standpoint. And it would be necessary to cut back fluid milk sales in order to increase the supply of butter and other dairy products available for civilians.

The increase in cheese, evaporated milk, and whole milk powder manufacture was necessary for war requirements and civilian needs.

So despite the increase in total milk production there is less milk available for butter manufacture now than before the war.

.....CRANBERRY COLOR FOR MEALS.....

Homemakers will find cranberries less plentiful than last year and higher in price. The crop this season is now expected to be slightly more than half of last year's production...356,500 barrels compared to 686,000 barrels in 1943. Under new price ceilings, the highest retail price for cranberries is expected to be about 43 cents per pound.

The War Food Administration is allocating the available stocks equitably among the military, civilian and export claimants. Because of recent crop losses, the allocations have been revised recently. Thirty percent of the crop will go to the U.S. military and armed services, -nearly 66 percent of the crop will go to civilians, and about 4 percent will go to our territories, Allies and for other exports. Civilians will get their cranberries in fresh form chiefly as most of the canned and dehydrated packs will be used to fill war requirements.

Massachusetts is the chief cranberry producing state. In fact cranberries are so intimately associated with Massachusetts that someone has said they must have come over on the Mayflower. But the ancestor-plant of the present cranberry was already growing in the marshes of Cape Cod when the Plymouth Colony was founded in 1620. A number of references to feasts featuring "wild turkey" and "sauce made with wild cranberries" are to be found in old books in the Plymouth Historical Society. In 1880 first use was made of the cranberry scoop for harvesting the bright berries of the bog. Today's cranberry scoops are 15 inches wide, with 10 inch tines a quarter inch apart. These are used to comb the cranberries from the low vines which spread like a carpet over the bog. A good cranberry picker averages ten to twenty bushels a day. Harvesting begins right after Labor Day and continues until the first of November.

Besides Massachusetts, other important cranberry producing states are New Jersey, Wisconsin, Washington, and Oregon.

Because cranberries will be limited, broadcasters may want to suggest methods of extending the supply the homemaker purchases. For a delicious uncooked relish that goes well with meat or poultry courses, add two cups of sugar to four cups of fresh cranberries and two whole oranges which have been put through the food chopper.

.....FACTS ABOUT U.S. MEAT EATING.....

Between 1935 and 39 the average American was eating about 126 pounds of meat each year. Because the American farmer has broken all production records to provide meat since the war began, we have enough to sustain the Armed Forces at the battle front, enough to supply our Allies and provide the civilian consumer with more than he ate before the war. Civilians per capita consumption for 1944 is expected to average about 145 pounds.

When pork was in good supply during January, February and March, civilians were getting enough meat to make an annual rate of 158 pounds per person...which was just a few pounds under the 163 pounds per capita in 1908...the highest meat-eating year on record in this country.

How Our Meat Supply Is Allocated.....For the six-month period from July through December there will be about 12 and half billion pounds of meat available for all purposes. The Office of Distribution, in the War Food Administration has allocated this supply for most equitable use. Over 2 and a half billion pounds will be going to the Armed Services. Over a billion pounds will be bought by the Office of Distribution for shipment to the United Kingdom, British WarServices, Russia, liberated areas, the Red Cross, and other war agencies for which the War Food Administration

is the buying agent. Fifty-eight million pounds will be sold for commercial export. And two-thirds of the available supply or about 8 and a half billion pounds will go to civilians. Of course if some of the other claimants do not take their full allocation; additional meat will be released to civilians.

Of the 25 billion pounds of meat produced this calendar year, 43 percent will be beef and veal, a little over half will be pork and the remainder lamb and mutton.



.....DRIED FRUITS FOR THE HOLIDAYS.....

Homemakers will find more dried fruits in better supply during this holiday season than last year. But the total supply of dried fruits for civilians the next twelve months will be a little smaller than they received this year.

Principal reductions for the coming year are in raisins, dried prunes, and figs, because there have been smaller crops of these fruits. On the other hand, there were good apricot and peach harvests; so civilians will get a part of the 1944 packs of these fruits. Practically all of the 1943 dried pack of these two fruits went for war requirements. Also there will be about four times the number of dates on the market as last year because imports from Iraq have been resumed.

Dried fruits are in heavy demand by the Armed Forces and our Allies because they are relatively non-perishable and require less space for shipment than many other types of food. For these reasons packers are required under War Food Order No. 16 to set-aside their entire pack of dried apples, apricots, peaches, prunes, raisins and Zante currants to insure the availability of Government requirements. Then the War Food Administration releases for distribution in regular civilian channels the quantities not needed for war requirements.

The WFA has authorized packers to release substantial quantities of the 1944 pack into civilian channels as rapidly as possible. In addition, quantities of raisins from the 1943 pack were released some time ago in order to reach grocery stores in the early fall before the 1944 pack came on in volume. The sale of figs and dates to civilian markets is not restricted by the order.

The civilian share of all dried fruits is 52 percent of the 612,000 ton allocable supply. The balance is ear-marked for the military services and for export to our Allies and to friendly nations. So, in the coming twelve months, the civilian supply will be slightly less than five pounds per person. This compares with 5-1/2 pounds during the past year and a pre-war average (1935-39) of over 5-1/2 pounds.

.....APPLES FOR A YEAR OF DAYS.....

For the twelve-month period ending next July, 103 million bushels of apples...either in fresh or in processed form...will be available to U.S. civilians. This is 83 percent of the estimated 125 million bushel total supply, and 13 pounds more for each person than was available last year.

The 21 million bushels remaining have been allocated to the U.S. military services and to our allies and territories. The greater percentage of the apples shipped abroad will be in processed form. And all dried apples are scheduled to go for war requirements.

On October 1st, the apple harvest was estimated at over 122 million bushels compared with over 89 million bushels last year. The allocable supply of nearly 125 million bushels includes processed stocks on hand and expected imports of fresh apples and concentrates.

While civilians will get no dried apples, they will get substantial quantities of processed apple products. The War Food Administration, which divides the supply has allocated them 336 million pounds of canned apples; (65 percent of those produced), 72 million pounds of apple butter; (46 percent); 49 million pounds of frozen apples; (39 percent); 66 million pounds of apple jellies; (79 percent); 437 million pounds of cider vinegar; (85 percent); and 80 million pounds of apple cider, (100 percent). The combined total will be 63 percent of the quantity of apples processed.

While the civilian per capita supply of apples will be slightly more than 38 pounds compared with 25 pounds last year, the apple crop is only average this year. Because of war requirements, the quantity available the coming twelve months for civilians is 10 pounds less than the amount bought per person from 1935 to 1939.

.....CELERY STALKS THE MARKET.....



HAVE A HEART
for dinner

There is plenty of celery available on the nation's markets now. A large part of the celery supplies are from Michigan where yields are above average and of fine quality. The principal markets for the Michigan crop are the North Central and Mississippi states. New York has a fine crop also and is supplying mainly the Eastern states, California, Washington, Ohio, Pennsylvania, Colorado, Idaho, Utah, and New Jersey are providing their respective areas with celery now, though some of the Western crop is sprinkled over wide sections of the country.

Celery deserves special mention on the menu because of its flavor and crisp texture. The hearts are especially good raw. The coarser stalks can be used for cooking. The tender green leaves go well in salad, while the coarser leaves may be used fresh or dried in soups and stews.

.....CABBAGE FOR VITAMIN C.....

Cabbage, one of our popular fall and winter vegetables, is an outstanding source of Vitamin C. For this reason it has been included with Citrus Fruits and tomatoes in Group Two of the Basic Seven Food Chart. A cup of raw cabbage will furnish nearly a third of the daily requirements of Vitamin C. Cabbage, like other leafy vegetables, is one of the least fattening of foods. Its low fuel value and the abundance of cellulose make it particularly valuable when the consumer desires to keep his energy in-take low and yet satisfy his appetite with a food of sufficient bulk.

Cabbage is particularly plentiful throughout the Midwest and East because big crops are now being harvested in Wisconsin and New York. Other areas bringing in cabbage crops in volume are Michigan, Pennsylvania, Colorado, and North Carolina. Other areas are in smaller production. In the vegetable line-up, cabbage is now a reasonable buy.

.....THIS IS O-FISH-AL.....

There is now 33 percent more fish in cold storage in the United States than there was last year. With fish now in such an abundance, homemakers are urged to serve this protein food more frequently.

Americans are favored with about 160 species of edible fish. Thirteen of these make up 70 percent of the supply reaching consumers. These are: salmon, mackerel, haddock, cod, flounders, rosefish, croakers, whiting, halibut, pollock, shrimp, crabs, and oysters.

At the present time the fish that need consumer attention are: (from the sea) mackerel, cod, whiting, haddock, rosefish, croakers, flounders, soup and hake. From the lakes and rivers the fish now in good supply are lake herring, lake trout, pike, and carp.

Regional food habits to a large extent determine the areas in which certain fish are distributed. Poor cooking methods have made some of the varieties now in good supply unpopular. Inadequate freezer facilities in the past have also limited the distribution of more perishable fish. Modern freezing procedures and storage are now under rigid supervision, so correct cooking methods will stimulate increased liking.

.....NEWS OF THE NORTHEAST REGION.....

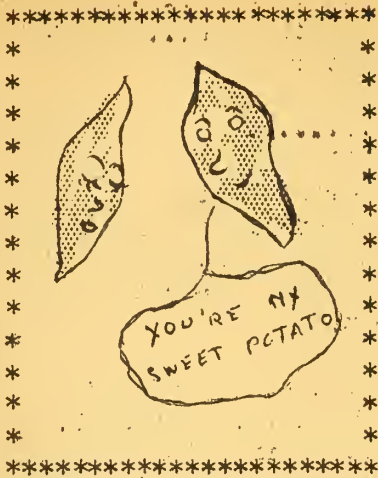
(Cleared by OWI with an "A" essential rating)

SWEET AND PLENTIFUL.....

Sweet potatoes are plentiful right now, and they're expected to keep up that way for the next two months or so. Accordingly, here's some information about them, which you will find useful in featuring sweets in menus:

Nutritionally speaking, sweet potatoes have a lot to offer. They're in Group One of the Basic Seven, along with leafy, green and yellow vegetables. And like other foods in this group, they're high in Vitamin A value. They also furnish Vitamin C, as well as other vitamins and some iron. And besides, they're an excellent energy food...rich in starch and sugar.

The vitamins and minerals in sweet potatoes lie close to the skin. To make sure that they're not lost, it's best to cook sweets in the jacket, or bake them and eat the skins. These two methods also add to the flavor of the vegetable... and they provide a base for other types of dishes. Sweets boiled in their jackets, mashed, sliced, diced can be used to make many varied and interesting meals...and leftover sweets also can be used in many delicious dishes.



Here are three sweet potato recipes. One features sweets in a main dish...one in a vegetable dish...and one as a dessert. These recipes are delicious...and they illustrate the versatility of this favorite vegetable.

.....SWEET POTATO AND APPLE SCALLOP.....

3 medium-sized sweet potatoes	1 or 2 tablespoons sugar
3 medium-sized apples	2 tablespoons fat
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup water

Boil the sweet potatoes until they're partly tender. Take off the skins. Slice the sweet potatoes and the raw apples in layers in a greased baking pan. Sprinkle with a bit of salt and a bit of sugar and add a dot or two of fat to each layer. Pour in the water. Bake covered in a moderately hot oven (375 degrees F.) for 30 to 40 minutes, or until the apples are tender. If desired, uncover the dish the last 15 minutes of cooking, and top with corn flakes or bread crumbs combined with a little fat. For variety, in place of apples use layers of chopped or diced leftover meat and bake about 20 to 30 minutes. Omit sugar if desired. Or omit the apples and sprinkle each layer of sweet potatoes with chopped toasted peanuts, a little sugar and salt, and dot with table fat.

.....HASH BROWNED SWEET POTATOES.....

Add chopped cooked sweet potatoes to a little fat in a frying pan. Season with salt and pepper. Moisten with about $\frac{1}{4}$ cup of water for four cups sweet potatoes. Cook over low heat until brown on the bottom... don't stir. Serve folded in half.

For sweet potato hash.....Add chopped cooked meat and enough gravy or hot water to moisten. Brown on both sides. This is a variation on the hash browned theme, which can easily serve as a main dish...and it has another advantage...it's a good way to use leftover meat.

.....SWEET POTATO PUDDING.....

2 tablespoons fat, melted	$\frac{1}{4}$ cup orange juice
$\frac{1}{2}$ teaspoon salt	1 teaspoon grated orange rind
$\frac{1}{2}$ cup corn syrup or cane sugar syrup	2 cups mashed sweet potatoes
	1 or 2 eggs, separated
	$\frac{1}{2}$ cup milk

Add fat, salt, syrup, orange juice and grated rind to hot mashed sweet potatoes. Add the beaten egg yolks and the milk. Beat well. Fold in stiffly beaten egg whites. Pour in a greased baking dish and bake in a moderate oven (350 degrees F.) 50 to 60 minutes, or until the pudding sets.

To make Sweet Potato Pie, use the recipe for pudding, and pour the filling into a 10 inch baked pie shell and bake in a moderate oven 30 to 40 minutes.

PLENTIFUL FOOD INFORMATION.....

The foods listed below are expected to be plentiful throughout the Northeast Region in general for the month of November. Your mention of these foods on your programs will help encourage wise use of the wartime food supply.

FRESH FRUITS AND VEGETABLES

OTHER FOODS

SWEET POTATOES	† Canned green beans
ONIONS	† Frozen vegetables and frozen baked
Beets	† ** beans
Cabbage	† Dry-mix and dehydrated soups
Celery	† Soya flour, grits, and flakes
White Potatoes (small sizes	† Peanut butter
only)	† Citrus marmalade
APPLES	† Jams (except berry varieties)
* Grapefruit	† and jellies
Other products in local	† Apple butter
abundance	† Wheat flour and bread
	† Macaroni, spaghetti, and noodles
	† Oatmeal

(NOTE).....*During the latter part of the month

**Where there are facilities for handling frozen products.

FEATURE THESE.....

Here are lists of plentiful fresh fruits and vegetables in major markets in this region. We suggest that you feature these fresh foods when you give meal-planning suggestions to your listeners. This is the twentieth installment of this feature which you'll find in "RADIO ROUND-UP ON FOOD" each week.

Latest wire information from our market news office is the basis for this report. For daily developments during this current week, phone your local market news office.

BOSTON

Apples
Beets
Cabbage
Carrots
Cauliflower
Lettuce
Onions
Radishes
Spinach
Squash
Turnips

NEW YORK CITY

Apples
Snap Beans
Beets
Cabbage
Carrots
Cauliflower
Celery
Western Grapes
Lettuce
Peppers
Sweet potatoes
Potatoes
Spinach
Radishes
Squash
Tomatoes
Turnips

PHILADELPHIA

Beets
Carrots
Lettuce
Onions
Potatoes
Sweet Potatoes
Rutabagas
Spinach
Turnips

WASHINGTON, DC.

Apples
Cabbage
Onions
Sweet Potatoes

PITTSBURGH

Apples
Beets
Cabbage
Carrots
Western Grapes
Lettuce
Onions
Potatoes
Sweet Potatoes

BALTIMORE

Apples
Cabbage
Onions
Peppers
Sweet Potatoes
Spinach
Turnips

Comment.....

Onions are a good buy and plentiful. So are sweet potatoes. Timely rains increased the sweet potato crop by one million bushels. Get them while they are plentiful.

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F3R11N



Radio Round-up on food

A Service

New York, 7, New York

For Broadcasters of Home Forum Programs

October 26th, 1944

.....W-H-A-T-'-S I-N-S-I-D-E.....

.....BEEF PICTURE CHANGES.....Why civilians can expect more of better grades of beef.

.....CATTLE IN INDIA.....Exotic cattle customs in a foreign land.

.....SUGAR ON THE WING.....Honey producers are busy as bees this year.

.....KEEPING FOOD PRICES DOWN.....What can be done to curb food price inflation.

.....DOUBLE THE FREE RED TOKENS.....Fat salvage is still important... some suggestions.

.....SENSIBLE SANDWICHES.....Nutrition tips about a favorite food.

.....ANOTHER SLICE OF CHEESE.....The latest news on cheddar cheese supplies.

....."EATING UP" NUTRITION.....More about School Lunches.

.....FOOD FACTS.....Filler facts for your use.

.....FEATURE THESE.....Plentiful fruits and vegetables in the

WAR FOOD ADMINISTRATION

Office of Distribution

.....BEEF PICTURE CHANGES.....

American civilians can expect more of the better grades of beef this fall and winter than was previously anticipated.

The feed grain supply at this time is more abundant than last year, and the price ranges more favorable...this has meant a heavier movement of cattle into feed lots this October.

Instead of getting a lot of utility beef now and limited supplies later on, the movement of cattle to feed lots will mean our beef supply will be stretched over a longer period.

This marketing change also means more and better grades of beef. While grass alone produces acceptable meat, the best and more desirable beef is produced by finishing on corn and other concentrates in the feed lot.

At present American civilians are getting about 69 percent of the beef supply. Packers operating under Federal inspection are required to set aside 60 percent of the Choice, Good, Commercial and Utility Beef that meets army specifications. Because not all beef slaughtered under Federal inspection meets Army specifications and because one-fourth of the beef supply is not slaughtered under Federal inspection, it is estimated that about 30 percent of our total beef will be going to the U.S. Military Forces and other war agencies. Less than 1 percent is going for Lend-Lease Requirements.

.....CATTLE IN INDIA.....

India has more cattle than any other country in the world. But they occupy a very different place in the Agriculture of India than in the United States. Here, our cattle are used primarily for milk production and for beef. In India their ~~chief~~ function is to perform work, both on farms and in highway transportation. The only exceptions to this are a few breeds of milking cattle, and the water buffalo of Northern India which provides milk and meat.

The water buffalo is not considered holy by the Hindu, in contrast with his reverence for the cow. Consequently, the water buffaloes of Northern and Central India are used primarily for milk production, and also for meat consumption by that portion of the population that eats meat. Most Indians are vegetarians, depending upon milk and milk products for their animal protein...

Large commercial dairies are maintained within the limits of most of the larger cities. In Bombay, for example, approximately 50,000 dairy cattle and buffalo are kept within the city limits...In the densely populated portions of the cities, milk delivery is made by coolies. Two to four gallons of milk may be carried in a brass or other metal container on the head of the coolie. As he passes from door to door the amount his customer

requires is dipped out into the customer's container. Refrigeration is rarely available, and very few sanitary precautions are taken. One institution that was attempting to provide pure whole milk to its customers sent delivery boys out with milk that had been locked in tightly sealed milk cans. The milk was drawn off for each customer through a faucet at the bottom of the can.

Another interesting feature of the cattle industry in India is the maintenance of old-cattle homes. Approximately 1,500 of these exist in India. They are maintained by donations as a charity from wealthy Hindus. All cattle are sacred to the Hindu and if an animal is too old to be useful or is crippled or diseased, it is often sent to one of these homes.

.....SUGAR ON THE WING.....



The Queen Honey Bee and her lady helpers...the working bees, have stored over 185 million pounds of honey this year...in addition to what they have required for their own three square meals a day. The bees didn't let us in on their production records. These estimates are based upon preliminary reports to the U.S. Department of Agriculture from over 8,000 beekeepers. A final report for this year will be issued in December or January.

While the domestic crop this year is about four million pounds short of last year, there is a larger amount in beekeepers' hands this October. Also we can expect continued imports from Mexico, South America and the Caribbean area. All in all the homemaker should be able to buy slightly more honey than last year.

A large portion of the domestic honey will be sold directly by beekeepers to the housewife and the neighborhood store...instead of through commercial packers. This has been the selling practice in the past year or two because of the more favorable retail price for honey. Most of the supply will be for civilians because military requirements are low... and mostly to camps in this country.

Sweet clover, white and alsike clovers and alfalfa are the chief sources of honey in this country. Honey with distinctive flavors also come from the tupelo trees of the South, from orange blossoms and cotton blossoms, from the wild sage of the foothills of California, the star thistle of the Pacific Coast, buckwheat, mesquite, fireweed, and many other flowers. In order to have a uniform product for marketing, two or more honeys are often blended by the packer. This helps to insure the same color, flavor, and consistency during the different seasons and from year to year. Often the bees themselves serve as blenders, combining the honey from half a dozen or more different sources in the same honey comb.

Like all other sweets, honey is an energy-producing food. About three-fourths of honey is sugar... mostly dextrose and levulose... in a form easily digested. In addition to the sugar content, honey contains minerals such as iron, calcium and phosphorus... but not enough to make it an important source of these minerals in the diet. About 1-1/2 tablespoons of honey will furnish the body 100 calories.

Honey should be stored in a dry place at room temperature... otherwise it absorbs moisture and will ferment as any other sugar sirup. If honey does crystallize, it can be brought back to liquid again by putting the container in a pan of warm water until crystals have melted. Many homemakers prefer honey in the crystallized or granulated form.

...KEEPING FOOD PRICES DOWN....

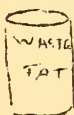
An important phase of the over-all Food Fights For Freedom program is the present campaign to hold-the-line on food prices. Since half of the inflation that accompanied World War II came after the Armistice, the critical phase of the battle against inflation lies in the months just ahead.

So that history won't repeat itself, grocers and consumers are redoubling their efforts now to watch and keep OPA selling prices on food.

Grocers are making a special organized effort to display ceiling price posters where customers can easily see them. Homemakers are being urged to check the selling price of purchases with these ceiling lists. They should discuss overcharges with their grocers... and since praise helps... express appreciation to their grocers when all prices are found to be at or below ceilings. Repeated overcharges should be reported to the local price and rationing board.

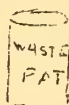
This campaign is important because at present, the average family spends 30 percent of its income for food. Some families spend even more to get a nutritious diet. Thus any advance in food prices would work a hardship on millions of families.

.....DOUBLE THE FREE RED TOKENS.....



= 200 TOKENS

Salvaged kitchen fats are termed "hard fats"... the type we used to import from the Philippines, Dutch East Indies and Malaya. With these Pacific imports cut off, a large percentage of the hard fats needed to make munitions, lubricants, medicines, and soup for war purposes must still come from American households and public eating places.



= \$

While the Fat Salvage Campaign brought in about 180 million pounds of fats in the past twelve months, about 500 million pounds are wasted annually in this country. This means homemakers are getting less than half the extra free red

points they might.

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There are lots of ways to save used kitchen fats. Bits of fat trimmed from chops and roasts may be saved in a small bowl in the ice-box. Once a week when the oven is on, these savings can be melted down.

Broiling pans, roasters, and frying pans should be scraped for extra fat before they are washed. Soups, stews, and gravies can be skimmed for excess fat. No matter how dark or old the grease may be it's all good for industrial use. And there's the advantage of getting two free points and four cents for every tin of salvaged fats taken to the butcher.

.....SENSIBLE SANDWICHES.....



Did you know that nearly half of the workers in manufacturing industries obtain food from lunch stands, canteens, food wagons, and food dispensers? According to a recent national survey conducted by the War Food Administration they do. This means sandwiches are an important part of the lunch menu for these workers...and for many others who find it inconvenient or impossible to secure a plate lunch.

The War Food Administration considers sandwiches important enough to devote the whole October issue to them in their new monthly bulletin to food managers in industrial plants, restaurants, hotels, and hospitals. Many of the tips in this publication, "Serving Many", though intended for the dietitian, could be put to good advantage by the homemaker who packs a daily lunch for the working crew in her family.

Salad dressing and mustard-flavored "spreads" add some calorie value and flavor to sandwiches, but are not a substitute in nutritive value for butter and fortified margarine, and shouldn't be used in place of them.

There are many plentiful foods this month that make successful sandwiches. A filling of peanut butter and marmalade or other tart conserve makes easy to prepare sandwiches that are usually well liked. Peanut butter is a rich source of protein and contains appreciable amounts of the B vitamins. Citrus marmalade, combined with cream or cottage cheese, does a double job of extending the cheese and making a good sandwich. Utility grade beef, unrationed cuts of pork, and the variety meats make delicious sandwich fillings when properly prepared. They're high in food value, too.

Use enriched white, whole wheat, cracked wheat, and rye breads for most sandwiches. Try "two-toned" sandwiches by using a slice of white and a slice of whole-wheat bread, to increase the use of whole-grain cereal

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To make sure variety, the spice of life is present; occasionally use special breads, such as steamed brown bread, nut bread, and fruit breads. Simple fillings such as whipped butter, cream cheese, and sliced American cheese, are the most suitable to combine with these fancy breads.

Dieticians who wish to be put on the mailing list of "Serving Many", should address their requests to: OFFICE OF DISTRIBUTION, WAR FOOD ADMINISTRATION, 150 BROADWAY, NEW YORK CITY, 7, NEW YORK.

.....ANOTHER SLICE OF CHEESE.....

Civilian supplies of cheddar cheese are expected to be about four to six million pounds larger during November and December than in the same two months in 1943. This increase is possible because production is higher. Output of cheddar cheese in 1944 is estimated at about 780 million pounds, compared with 765 million pounds in 1943...a step--up of fifteen million pounds.

The quantities of cheddar which manufacturers must set aside for sale to Government agencies will be reduced by the War Food Administration from forty percent of production during October to twenty-five percent of production during November and December. The reduction follows the War Food Administration policy to adjust war purchases so that monthly supplies of cheddar cheese for civilians will be fairly even. While cheese requirements by the Armed Forces and for Lend-Lease will be greater in these two months than the amount obtained under the set-aside, the balance will be made up from supplies obtained for these purposes during summer months of high production.

About 360 million pounds of cheddar cheese will have been set aside for war uses during the year as a whole. This is about 20 million less than last year. This reduction in Government purchasing does not mean a decline in war requirements...but last year the war agencies not only had to buy cheese to meet current needs...but also enough to build working inventories.

....."EATING UP" NUTRITION.....



SCHOOL LUNCH



Healthy Child

Thousands of communities are now operating School Lunch Programs in order that their children will get a noontime meal which provides at least one-third of the daily food requirements.

The War Food Administration offers financial aid to communities needing some assistance to provide well-balanced lunches. The Type A lunch which the WFA particularly recommends may be served either hot or cold. It must include a small serving of meat or another protein food, three-fourths cup vegetable and fruit, whole-grain or enriched bread, butter or fortified margarine, and a half pint of milk, if possible. Desserts are optional. The foods themselves determine the nutritive value, but generally the communities prefer to have at

...7...

least one hot dish at lunch, because it's more appetizing to most children.

Nutrition specialists believe that one year of right feeding in the life of a child is more important than 10 years after 40. While it may be possible to change eating habits after a person is 40 years old, it's usually impossible to change body structure.

Groups who are desirous of getting more information in regard to community school lunch programs should write the nearest regional Office of Distribution, War Food Administration, 150 Broadway, New York City, 7, New York.

.....NEWS OF THE NORTHEAST REGION.....

(Cleared by OWI with an "A" essential rating)

FOOD FACTS ABOUT.....

CODFISH.....is sometimes called Scandinavian Turkey, because it's highly esteemed by people of Scandinavian ancestry. They like it especially well dried and salted, and prepare it in traditional ways for holiday dinners.

ONIONS.....The Ancient Romans made a poultice of onions and barley meal as a cure for...of all things...watery eyes. They thought that onions cleared the sight by the tears they drew.

CHEESE.....Dates back to before the birth of Christ. In ancient times it was one way of measuring wealth among the tribes of Asia and Southern Europe.

SQUASH.....De Sota found the Indians growing Hubbard squash when he arrived, in Florida

CORN.....As far back as Biblical days the word corn was the general term for grains...corn meant wheat or barley or rye. When Columbus landed on American shores he found a food new to him and the rest of the world. The Indians called it maize...and we, in turn, call it Indian Corn.

(PLEASE TURN TO NEXT PAGE)

FEATURE THESE.....

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<u>BOSTON</u>	<u>NEW YORK CITY</u>	<u>PHILADELPHIA</u>
Apples	Apples	Apples
Cabbage	Avacadoes	Beets
Beets	Beets	Cabbage
Carrots	Cabbage	Carrots
Cauliflower	Carrots	Lettuce
Lettuce	Cauliflower	Onions
Onions	Lettuce	Parsnips
Spinach	Onions	Sweet Potatoes
Turnips	Peppers	Pumpkin
	Potatoes	Rutabagas
	Sweet Potatoes	Spinach
	Spinach	Squash
	Squash	Tomatoes
	Turnips	Turnips
<u>WASHINGTON, DC</u>	<u>PITTSBURGH</u>	<u>BALTIMORE</u>
Apples	Apples	Apples
Cabbage	Cabbage	Cabbage
Onions	Cauliflower	Carrots
Sweet Potatoes	Celery	Lettuce
	Lettuce	Onions
	Onions	Peppers
	Peppers	Sweet Potatoes
	Potatoes	Spinach
	Spinach	Turnips

Comment.....

Fortunately there are plentiful supplies of such top favorite fruits and vegetables as apples, cabbage, onions, and sweet potatoes. All keep well. All can be used in a wide variety of different ways. Use them while they are plentiful.

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R11N



Radio Round-up

on food

LIBRARY
CURRENT SERIAL RECORD
FEB 5 1945
DEPARTMENT OF AGRICULTURE

A Service For Directors of Home Forum Programs New York, 7, New York
November 4th, 1944

.....W-H-A-T-'S I-N-S-I-D-E.....

-
- AMERICAN FOOD IN THE WORLD'S TRADE CHANNELS.....WFA food deliveries for September.
-
- MAKING DIETS MEASURE UP FOR HEALTH.....Adapt foods to individual needs.
-
- TURKEY STILL GOING TO G.I. JOES.....Short Thanksgiving supplies for civilians.
-
- TIN CANS WITH TRAVEL PRIORITY.....The can that held your tennis ball has gone to war.
-
- SALTED PEANUTS CROSS THE SALTY DEEP.....Peanuts go to PX's on request.
-
- FLORIDA CITRUS LOSS.....Heavy storm damage to crops.
-
- LEMON OIL IMPORTS.....Sicily sends us important oil.
-
- VIT AMIN A YELLOW VEGETABLES.....Nutritious and good to eat.
-
- FISH STORY.....Some ways to use plentiful fish.

WAR FOOD ADMINISTRATION
Office of Distribution
Plentiful fruits and vegetables in the Northeast Region

.....AMERICAN FOOD IN THE WORLD'S TRADE CHANNELS.....

One of the essential functions of the War Food Administration is to see that the harvest from American farms is distributed in the fairest way possible. This means our food stocks are allocated among the Armed Forces, civilian population, fighting Allies, territories, and foreign relief feeding programs.

In line with these allocations, the War Food Administration...which does the buying for Lend-Lease and certain other war programs...did a grand scale job of food delivery in September. The total of all September deliveries by the War Food Administration of food and other agricultural products under Lend-Lease and other war programs, was over 6 hundred and 50 million pounds.

Of this total, 83 percent or almost 542 million pounds were delivered for shipment to the Allies under Lend-Lease. The remaining 17 percent...some one hundred million pounds...went to our territories, a share to the Armed forces, the Red Cross, foreign relief groups, the School Lunch program and other civilian agencies in the United States.

.....The principal recipient of the September Lend-Lease deliveries was the United Kingdom and British possessions. About 58 percent of the Agricultural commodities exported went to this Ally. About 35 percent went to Russia and the remaining 7 percent was destined for Greece, West Africa, North Africa, the Netherlands, Poland, Yugoslavia, and the French Committee of National Liberation.

Foods that played an important part for feeding abroad were meat products, dairy and poultry products, fats and oils, grain products, tobacco, fruits and vegetables...mostly dried prunes and dried peas and beans...cotton and fiber and sugar.....

.....MAKING DIETS MEASURE UP FOR HEALTH.....

You've probably discussed the Basic Seven Food Chart many times and realize it may not be the one perfect food pattern for people in all parts of the world...but based on American foods it outlines a daily diet with adequate protein, calories, minerals, and vitamins. The variety of foods in each group allows the individual selection to fit his pocketbook and personal preference.

Diets are often limited by personal food likes and dislikes, religious principles, food allergies, or illness. Yet even within such limits, good meals can be planned from the chart. But it takes more thought and knowledge to make sure that meals supply what the body needs.

For example, if the use of meats and poultry must be curtailed, there are eggs, milk, cheese, and a variety of kinds of fish to use in order to get daily requirements of protein.

...3...

If milk and dairy products cannot be eaten because a person is allergic to these foods...it is difficult...but not impossible...to obtain the calcium and values of milk from other foods. For instance, green leafy vegetables are our "number two" source of calcium.

If the citrus fruits are scarce or too expensive to use for the daily supply of Vitamin C...it is possible to use fresh or canned tomatoes, raw cabbage salad or raw turnips.

For low-calorie sources of Vitamin A, an overweight person can depend upon the leafy, green and yellow vegetables.

... In helping your listeners plan their meals...point out the seasons when different foods are cheapest, the most economical forms in which each food comes, and the most economical quantities in which to buy foods. Also, in the food habits of various countries there are many customs that families in the United States would do well to copy or retain. There are the dark breads and the cheeses of Central Europe. There are the tender shoots, the green leaves and the bean sprouts of the Orient. There are the soups and stews of many lands that use the nutrients of bone and marrow and vegetable juices.

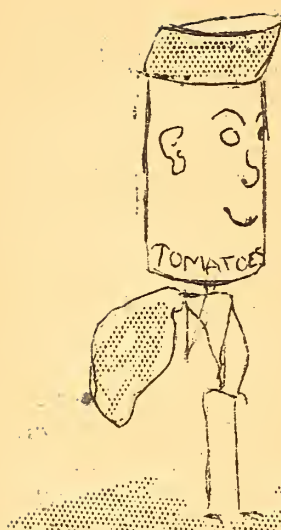
.....TURKEYS STILL GOING TO G.I. JOES.....

All the turkeys that are now being marketed in the heavy producing areas and that meet Army specifications are being shipped to servicemen and women in the more remote war theatres for Thanksgiving, Christmas, and New Year's dinners. The War Food Order, which requires that all turkeys produced and marketed in specified areas must be held for or delivered to the Quartermaster Corps, cannot be revoked until all holiday turkey requirements for all military personnel have been met.

War Food Administration officials hope that turkey processors can speed up their offerings to the Armed forces so that the order can be terminated in time for civilians to buy turkeys for Thanksgiving. Last year a similar embargo order was terminated on October 25th. This year military requirements are higher and there is a shortage of labor in many processing plants; so it is taking longer to meet military needs for the 1944-45 holiday dinners.

As a result, turkey supplies for civilian Thanksgiving dinners will be short of demand...even though the turkey crop this year is the biggest on record. Civilian supplies for Christmas and New Year's Day probably will be considerably larger.

.....TIN CANS WITH TRAVEL PRIORITY.....



Yes, the tin can that once held your coffee and shortening, many of your commercially packed fruits and vegetables, your tooth powder, and tennis balls has gone to war.

The qualities that make cans valuable and convenient in distributing civilian food supplies makes them essential in transporting food...over long distances and under varied climates...to our fighting men. We even owe the widespread use of canned foods to a war. The idea of preserving and transporting foods in sealed containers was first exploited by Napoleon's engineers in preparation for the invasion of Russia.

Today, many of the Basic Seven Food Groups are supplied our expeditionary forces largely by means of cans. Unless the men are based where frozen meats and poultry can get proper refrigeration, their meat, poultry, and fish is canned. Their total supply of tomatoes and citrus fruits is canned. About 97 percent of the leafy green and yellow vegetables and 96 percent of other vegetables...excluding potatoes...are canned. Seventy-eight percent of their fruits, other than citrus...are canned. Also 85 percent of their milk and milk products. The rations of U.S. fighting forces at home and abroad includes milk solids equal to a pint of fluid milk a day...to get this ration abroad the milk must either be evaporated or dried. In addition to the regular base camp food, special field rations to sustain our forces in the thick of battle are also packed in cans,

Other cans familiar to consumers in peacetime...and also specially designed containers...are playing their part in the war effort. For instance, cans intended for floor wax are carrying oil for lubricating military equipment. Cans that used to hold shortening now carry graphite grease for aircraft. Household oil cans contain cleaning fluid for rifle bores. The tin box for bread and cookies holds ammunition. Coffee cans contain Very pistol projectors and bomb fuses. Cans carry drugs, ointments, medicines and dressings that bring speedy relief to the sick and the wounded. Those containers that once were made for tennis balls are standard containers for precious blood plasma. The kit consists of two hermetically sealed tennis ball cans...one containing a bottle of distilled water, the other a bottle of the plasma. Together with complete transfusion unit, and full directions. As a result of this packaging technique, the time for a transfusion has been reduced from 45 minutes to 5 minutes. Thus transfusions may be administered to the wounded on the battlefield.

Tin is one of the most perfect protective coverings, but it is less than two percent of the so-called "tin can". Steel, which provides the durability of the container and the real protection to the contents, makes up the other ninety-eight percent. Because of the tin...and perhaps additional lacquer coating...it is just as safe to keep canned food in the tin as it is to empty the food into another container. However, the can must be kept cool and covered to offer the same protection given any other left-over cooked food.

.....SALTED PEANUTS CROSS THE SALTY DEEP.....



Salted peanuts in 8 ounce cans will be sold this year at post exchanges to our soldiers. Military requirements call for more than 127 million pounds of both Spanish and Virginia type peanuts this year packed in tin containers.

The boys overseas have been calling for salted peanuts for a long time, but only last spring was there sufficient metal available to permit packing peanuts in tins. Shelled peanuts do not keep fresh otherwise. Just before WPB granted approval of the use of tin for containers, the Quartermaster Corps in Europe sent a message to Washington, saying: "The boys at the front insist on having salted peanuts. Send some along, even if you have to pack them in bushel baskets."

As it is not likely that all of the 11 million or more who have the opportunity to buy will do so, there should be enough salted peanuts to mean more than 25 cans apiece for the men and women in the Armed Services that are peanut fanciers.

Peanut butter is not being bought by the soldiers themselves, but is a staple item, in the Army diet and is frequently seen on the mess table. The estimated demand for peanut butter by the Army and Navy this coming year totals 73 million pounds.

.....FLORIDA CITRUS LOSS.....

A month ago your listeners could have looked forward to finding Florida grapefruits and oranges even more plentiful than last year. Well, the hurricane which struck Florida and the Atlantic Coast October 19th to 21st caused heavy damage to fruits and vegetables in Florida and some damage to vegetables in the Carolinas. Here is the first official report from the United States Department of Agriculture on losses and size of crops now expected.

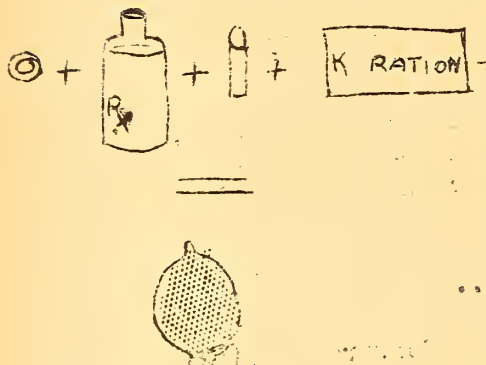
Florida production of grapefruit for the 1944-45 season is now down 43 percent...from 36 million boxes to 20 and a half million boxes. This means 10 and a half million boxes less than last season. The heaviest percentage loss was in the seedless variety. Production of this variety is expected to be 48 percent less...or nearly 8 million boxes...7.8...in comparison with 15 million boxes estimated on October 1st. The other varieties are now indicated at nearly 13 million boxes...12.7...40 percent less than the 21 million boxes estimated October 1st. Salvage of blown off and fallen grapefruit will probably amount to only about 600,000 boxes as a high proportion of the fruit does not pass inspection. Quality of the fruit on the trees has also been reduced by the storm and more of the crop than usual will be in the lower grades.

Production of all Florida oranges for this season is expected to total 42 million boxes... a reduction of 10 million from the October 1st estimate. The early and mid-season crops which are marketed primarily from October to February were chiefly damaged. Valencias which come on the market from February to June do not show as great a storm loss. Only a small percentage of the blown-off oranges will be salvaged.

The loss of tangerines in Florida is less than for grapefruit and oranges. The crop was reduced from 4 million 7 hundred thousand boxes to 4 million 4 hundred thousand boxes.

Vegetables seriously affected were snap beans, cabbage, celery, cucumbers, eggplant, green peppers, tomatoes, and early potatoes in Florida, and snap beans in South Carolina.

.....LEMON OIL IMPORTS.....



Lemon oil shipments from Sicily are now being resumed for the first time since the war. This oil is used for flavoring in a wide variety of food products from lemon drops and beverages to Army K rations. It also is an ingredient in medicines, soap and some cosmetics. All of the lemon oil imported from Sicily this year is being used by the Armed Forces.

Up until 1930 most of the lemon oil for the world came from Sicily. Then a lemon oil industry was started in California to use the cull fruit. Since then, California has been able to supply the normal needs for this country. However, there has been a heavy wartime demand for this flavoring oil and at the same time lemons are being used in fresh form, so it is necessary to import some lemon oil to supplement domestic supplies.

Lemon oil is found in the rind of the fruit. In Sicily this oil is released by working the rind by hand...than absorbed with a small hand sponge. In California, mechanical methods are used. One process presses the fruit, rind and all, then the juice passes through a centrifugal separator which removes the oil.

.....VITAMIN A YELLOW VEGETABLES.....

Pumpkins and hard shell squash...chiefly hubbard, acorn, and marrow, are now plentiful in all sections of the country. Supplies in some areas are not as heavy as they have been in other years, but homemakers can still include one of these vegetables of American origin in fall meals.

Pumpkins and squash are both good sources of Vitamin A...as are other deeply yellow vegetables. The outstanding function of Vitamin A is the role it plays in the building and functioning of normal cells of the body's

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external and internal surface membranes. A shortage of Vitamin A may thus affect the skin or the mucous membrane in any part of the body as the eye, the respiratory tract, the digestive tract. The keenness of sight of aviators and of industrial workers is reported to have been increased, and the night accidents of automobile driving decreased, by diets of higher Vitamin A value.

Spicy pumpkin pie is one of the joys of fall..make it rich with top milk and eggs. Squashes are good whether baked, boiled, steamed, or made into a squash pie.

.....NEWS OF THE NORTHEAST REGION.....

(Cleared by OWI with an "A" essential rating)

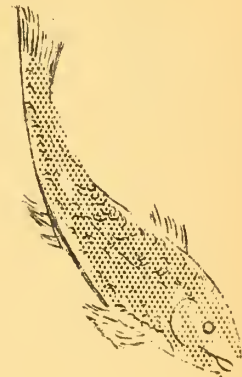
FISH STORY.....

There are plentiful supplies of both fresh and frozen fish right now. Fish is very good to eat, if it's properly cooked...and it's a good alternate for the meat that's in limited supply these days.

The fish most plentiful right now include nine varieties of sea fish... mackerel, cod, whiting, haddock, rosefish, croakers, flounders, porgies, and hake. The fresh water fish most easily found in the market are lake herring, lake trout, pike, and carp.

Most fish takes less time to cook than common cuts of meat. And there are different types of treatment that are best for different fish. For instance, mackerel is an oily fish...so it should be baked or broiled...but never fried. On the other hand, lean fish like whiting, cod, and hake are best fried, boiled, or baked in milk, but shouldn't be broiled, because broiling makes them hard and dry.

Fillets are the meaty sides cut lengthwise from the fish immediately they arrive from the fishing grounds. They are produced from many different varieties of fish, either ocean, lake, or river-caught. Fillets are practically boneless, and have the advantage of being able to be used without much preparation, if any at all. Here's the recipe for one very simple way of cooking fillets.



.....C-U-T-L-E-T-S.....

3 lbs. fillets	cooking fat
Salt and pepper	1 egg, 2 tbl. cold water, crumbs

Cut fish into squares or slices, and season. Roll fish in finely sifted bread crumbs, flour or cornmeal, then dip into beaten egg diluted with two tabelspoons of cold water, and back into the crumbs. Fry in deep hot fat (390 degrees F.) until a golden brown. Serve immediately, hot with desired sauce.

Steaks are crosswise cuts of fish (fillets are cut lengthwise). They are usually from fish that are too large for filleting or for a single portion. Steaks are cut from fish which have been cleaned and dressed. Many species of fish are used for this purpose...some of them are cod, haddock, salmon, and swordfish. The bones are large, and easy to remove. Fish steaks, like fillets are not exclusively for frying or broiling. They can be baked and sturfed, by placing the stuffing between and on top of the steaks. Fillets can be prepared that way too...And steaks and fillets baked in milk are delicious.

Here's a recipe for oven broiling fish steak:

3 lbs. steaks or fillets	1 teaspoon onion juice or
Salt and pepper	$\frac{1}{2}$ cup minced onions
Other desired seasoning.		

Place fish on oiled paper, preferably on rack in baking pan in hot oven (450 degrees F.). If you're using fillets, put skin side down. Sprinkle with seasonings except onions. Cook for fifteen minutes. Sprinkle onion over top and cook for five minutes longer. Serve hot.

(PLEASE TURN TO NEXT PAGE)

FEATURE THESE.....

Here are lists of plentiful fresh fruits and vegetables in major markets in this region. We suggest that you feature these fresh foods when you give meal-planning suggestions to your listeners. This is the twenty-second installment of this feature which you'll find in "RADIO ROUND-UP ON FOOD" each week.

Latest wire information from our market news office is the basis for this report. For daily developments during this current week, phone your local market news office.

<u>BOSTON</u>	<u>NEW YORK CITY</u>	<u>PHILADELPHIA</u>
Apples	Apples	Apples
Beets	Beets	Beets
Cabbage	Broccoli	Cabbage
Carrots	Cabbage	Lettuce
Cauliflower	Carrots	Onions
Celery	Lettuce	Sweet Potatoes
Lettuce	Onions	Rutabagas
Onions	Parsley	Spinach
Sweet Potatoes	Potatoes	Turnips
Spinach	Sweet Potatoes	
Turnips	Radishes	
	Squash	
	Spinach	
	Turnips	
<u>WASHINGTON, D.C.</u>	<u>PITTSBURGH</u>	<u>BALTIMORE</u>
Apples	Cabbage	Cabbage
Cabbage	Celery	Carrots
Lettuce	Grapes	Lettuce
Onions	Grapefruit	Onions
Sweet Potatoes	Onions	Spinach
	Sweet potatoes	

Comment.....

Citrus fruits and vegetables from the South are arriving in increasing quantities. But some of the old locally grown favorites are good buys ...such as apples, cabbage, onions, and sweet potatoes.

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Radio Round-up

on food

A Service

For Directors of Home Forum Programs

New York, 7, New York

November 11th, 1944

.....W-H-A-T-'S I-N-S-I-D-E.....

SWEETS BY AND BY.....Sugar prospects for now and later.

THANKSGIVING MEAT COURSE.....Some ideas for turkey-less dinners.

YES, WE EXPECT SOME BANANAS.....15% more this coming year.

CHECKING WFA FOOD RESERVES.....Behind the scenes with national food stocks.

EAT MORE FISH.....Fish is plentiful, and better meat cuts are short.

BASIC SEVEN LUNCH AT SCHOOL.....Good nutrition along with the 3R's.

STRAINED SALVAGED FATS.....Please note: Waste fat must be strained.

EGGS FOR COOKING PURPOSES.....Use them for holiday cakes, cookies, and pudding.

PRODUCTION LINE FEEDING.....The army of well-fed American workers continues to grow.

FOOD FACTS.....Filler facts for your use.

WAR FOOD ADMINISTRATION.....

Office of Distribution.....FEATURE TEST.....Plentiful fruits and vegetables in the Northeast

...2...

.....SWEETS FOR BY AND BY.....



With favorable weather in continental and island sugar producing areas, American consumers and industrial users will receive about the same amount of sugar in 1945 as they have this year. We must continue careful use of sugar because many of the European markets which depended on the Caribbean area for sugar before the war will wish to re-establish normal trade relations in 1945.

At present, the Cuban sugar production in 1945 is expected to be below the 1944 level. Sugar cane may be harvested when it's twelve to twenty-four months old. Practically all the twenty-four month cane in Cuba was harvested this year; so cane to be cut in 1945 will be the product of twelve to eighteen months growth, with resultant lower yield.

While prospects in Hawaii will improve slightly this coming year, prospects will increase greatly in Puerto Rico. In spite of the war situation, Hawaii will produce nearly a normal crop this year and send to the United States approximately 800 thousand tons in addition to taking care of an expanded military consumption in the Pacific area. Puerto Rico, in late 1943 and early 1944, suffered one of the most severe droughts in its history. Instead of a normal crop of a million tons, only 725 thousand tons were produced for distribution this year. A normal crop is hoped for distribution in 1945.

Price support programs already announced for cane and beet sugar produced in the continental United States should have the effect of increasing the 1945 production at home.

Most European import requirements for sugar have normally been filled from the Caribbean area...and in part from Java. Of course, little is currently known of the 1944 harvest prospect for beet sugar in Europe. And the extent of the European need for cane sugar grown in the tropics cannot be appraised until more information of production conditions in Europe is received. It is not safe to assume relief will come from the Philippines or Java during 1945.

In 1944 the equivalent of 900 thousand tons of sugar was diverted to production of greatly needed industrial alcohol. Grain was scarce and distilling facilities could be most effectively used with rich sugar molasses. This year there will be sufficient grain so that a large part...if not all...of our industrial alcohol can be made from grain and synthetic sources. This action will more than offset the estimated decline in Cuban production.

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.....THANKSGIVING MEAT COURSE.....

Now that the Quartermaster Corps has purchased and shipped enough turkeys overseas to assure our Armed Forces a traditional Thanksgiving dinner, a limited number of turkeys are now beginning to appear on civilian markets. The War Food Administration has partially suspended the order which required poultry dealers in heavy producing areas to set aside for government purchase all turkeys that met Army specifications. Additional turkeys will be obtained for Christmas and New Year's Day dinners for forces stationed in this country, but these orders will be placed later.

Even though the set-aside order has been partially suspended, homemakers just won't be able to find enough turkey on the market to meet demands. Labor is short in poultry dressing plants and there is not enough time to get a sufficient supply of birds on the market by Thanksgiving. Prospects for turkeys at Christmas and New Year's are better.

Broadcasters may want to suggest alternate meats for Thanksgiving dinners. Homemakers will have better chances of getting chicken as poultrymen have a good supply of roasters ready for market. These chickens can be stuffed with a favorite bread dressing. And "trimmings" can add to the festive air. Serve the chicken with baked spiced peaches. If goose or duck is the usual choice for Thanksgiving, the supply picture has improved over last year. Local supply conditions differ all over the country, but the meat at Thanksgiving might be a leg of lamb served with mint jelly; or the main course might be a beef roast with homemade relish, or stuffed veal roast.

.....YES, WE EXPECT SOME BANANAS.....

Bananas have been one of the scarce fruits in American grocery stores since the war began. And when a grocer did get in a limited supply, customers lined up for a "sample". This coming year, American consumers can expect to find about 15 percent more bananas than in 1944. These increased imports will still only amount to about 40 to 50 percent of the supply in pre-war years.

The bananas will be imported chiefly from Central America and Mexico. These were the chief sources before the war also, but the larger boats used in the banana trade were taken over by our Government at the beginning of the war. At present the shipping situation has eased slightly and the trade has been able to put a number of small boats into operation.

The bananas being imported now are much smaller than normal. Among the reasons given are the diseased condition of many of the banana plants and premature harvesting. Grading standards have also been reduced. The small steamers are picking up bananas wherever they can find them without much consideration of size and quality since there is a ready market for all that can be landed on our shores.

The banana is a tropical fruit and is so susceptible to chilling that it requires much warmer storage than most fruits grown in temperate climates. If bananas are held before ripening at a temperature comparable to that in the home refrigerator, they discolor and lose their power of ripening and softening later in a warmer temperature. So homemakers who buy slightly green bananas are advised to ripen the fruit at room temperature first...then store the bananas in a cool place, but not in the refrigerator as the low temperature may cause deterioration.

.....CHECKING WFA FOOD RESERVES.....

At the outset of the war there was a need to manage the food supplies of this country so that they would do the most toward winning the war as quickly as possible. This wartime responsibility was assigned to the Office of Distribution, in the War Food Administration.

First, food is allocated among our Armed Forces, civilian population, territories, Lend-Lease requirements, relief feeding in liberated areas, and to other groups engaged in direct war effort. Then it's up to the Office of Distribution to see that these allocations are carried out. The Office of Distribution does the buying of food also to fill Lend-Lease requirements, needs of the United Nations Relief and Rehabilitation Administration, and certain other claimant agencies. It also buys food to fulfill price support commitments.

At present this agency has a regular working inventory of two million tons of food worth about 600 million dollars to meet any condition that could arise. Except for food purchased in support of farm prices, most of this reserve is earmarked for the Lend-Lease program. The Office of Distribution operates this inventory much the same as any food wholesaler...buying and selling to keep stocks fresh, selling items which claimant agencies...for one reason or another...have not taken, and placing orders for those foods which are needed.

While the Office of Distribution is on a 100 percent war basis, it is endeavoring to conduct its distribution program in such a way that inventories will be as small and marketable as possible when the day of peace arrives. It has set up a sales division which resells food remaining after stocks and needs are balanced off. All sales are made through existing trade channels and only when the market can absorb these commodities at fair prices.

For the five-month period...May 1st to October 1st...22 million dollars worth of Government-owned foods were sold back to civilians. These sales included canned and dried vegetables and fruits, meat products, dairy products, eggs, grain products, fats and oils, cotton and other special commodities.

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.....EAT MORE FISH.....

The eat-more fish campaign, promoted by the War Food Administration with the cooperation of the Fish and Wildlife Service (Department of Interior) extends from October 30th to November 18th. Fish is of value in the diet because of its excellent quality proteins... and varying amounts of phosphorus, iron, iodine, calcium, and copper. Fish is doubly desirable right now in that it is plentiful at a time when some of the better cuts of meat are short.

In good supply, in most sections of the country, are mackerel, cod, whiting, haddock, rosefish, flounders, scup, hake, lake trout, pike and carp. Broadcasters will want to check on local market supplies to see which fish should be emphasized in their region.

Frozen fish are a time saver for busy homemakers. Most fillets come neatly packaged and all with the waste parts removed...ready for easy preparation. And no matter how far they have come, freshness is assured. Frozen fillets, steaks, and smaller fish need not be thawed before cooking. Just use a lower temperature and a slightly longer time to effect both thawing and cooking. Larger fish and good sized cuts need to be thawed. This should be done slowly...in a refrigerator or at room temperature. The fish may be thawed more quickly by submerging it in cold water... never in warm or hot water...However, once fish has been thawed it should not be refrozen but used immediately.

Broadcasters can help in this campaign by suggesting variety in methods of preparation. Fish can be boiled...pan-fried...baked...stuffed... broiled...or...steamed. And the attractiveness of almost any fish will be increased by use of sauces that add to the bland flavor of the meat. If the homemaker is serving a new fish or a familiar fish in a new guise, she will want to make it a speciality that will call for a repeat performance.

.....BASIC SEVEN LUNCH AT SCHOOL.....

The School Lunch Program is set up and administered the same this year as it was last year, with a dual purpose; To improve the health of the children by serving them a nourishing meal at noon; and to encourage the use of foods in temporary abundance, thereby avoiding waste and helping to build better markets for the foods produced by our farmers.



Essentially a community enterprise, a School Lunch room under the federal plan is initiated by local citizens and managed by local people. Food is bought locally and eaten by children in that community. Profits which seldom accrue must be used to improve the lunch room and service.

Schools that want reimbursement from the fifty million dollar fund which Congress established for the school year, 1944-45, agree to serve one of three types of lunches. Of the three, Type A is the only complete lunch pattern. Type C reimburses for whole milk only, at two cents a half pint. Type B, for which maximum reimbursement is six cents is a partial lunch designed to supplement food brought from home. The pattern for the Type A lunch is cut from the Basic Seven, the master design for daily food needs. A Type A lunch, reimbursable at a 9 cents maximum, will give a child from one-third to one-half of the food he needs for the day.

Nutrition education in the classroom has done much to interest children in right eating. But the plate or tray lunch has been much more effective in getting immediate results. A child may know vegetables and milk are better for him than a hot dog and a candy bar, but given a choice he too often selects the latter. For this reason lunch room managers are serving more Type A plate lunches this year instead of giving a la carte service as some have done in previous years.

A well-managed School Lunch Program begins to show dividends early. Teachers agree that discipline, attendance, and scholarship are much improved. School nurses have concrete evidence on the gain in weight, the decline of colds, aches, and communicable diseases; they also have fewer requests for aspirin and pills. Better eyes, teeth, and clearer skin, as well as happier faces, are attributed directly by teachers and parents, to the well-balanced meal served the children at noon.

One of the most satisfactory features of the entire school lunch plan is the stipulation that every child, regardless of his ability to pay, shall be served the same lunch, without any discrimination. The embarrassment and feeling of inferiority often felt by children less fortunate economically, than others, has no part in this set-up. Socially, too, many children benefit by eating together. Hands are washed, and in many schools a blessing is repeated. In most school lunch rooms the children stay at their tables a certain length of time, so there is no reward for bolting the food. The liking they acquire for a wider variety of foods carries over into the homes and often influences for the better, the family eating habits. Practically every school...once it serves lunches for a period of time...continues with the program.

Figures for the number of schools participating in the federal reimbursable program this year are not yet available and probably won't be until about January 1st, 1945. But indications are such that last year's total of 31,000 schools and about 4 million children will be far surpassed this year. Communities that are interested in having school lunches may get information and make application for reimbursement from their nearest regional office of the War Food Administration.....OFFICE OF DISTRIBUTION, WAR FOOD ADMINISTRATION, 150 BROADWAY, NEW YORK CITY, 7, N.Y..

.....STRAINED SALVAGED FATS.....

Salvaged kitchen fats are still needed. At the same time, reports over the country show that the quality of salvaged fat is deteriorating seriously. Some homemakers are not straining the melted fat to remove particles of meat and foreign matter. While it doesn't matter how discolored or old the leftover fat may be, the drippings must be strained.

Broadcasters are urgently asked to get over the message to their listeners, that salvaged fats be put through a coarse strainer before the fat is taken to the butcher. The homemaker still collects a bounty of two red ration tokens and four cents for each pound turned in.

.....EGGS FOR COOKING PURPOSES.....

The laying hens, come the holiday season, begin to think of vacations. From now until the end of December, supplies of breakfast or table eggs will decline. This past spring and summer though egg production exceeded all records and so there are plentiful supplies of shell eggs now in storage. Many of these cooking eggs will be coming on the market the next few months. They are just as good as the Grade A eggs for making cakes, cookies, and puddings the homemaker will be preparing for the holidays.

.....PRODUCTION LINE FEEDING.....

The Army of well-fed American workers in manufacturing industries continue to grow. The War Food Administration reports that since March of this year, another million and a half workers are obtaining food on the job. This means that about seven million workers are now benefitted by the Industrial Feeding Program.

Different methods for providing meals on the job have been adopted all over the country but cafeterias are most popular. The majority of plants have installed streamlined cafeterias where hundreds and even thousands can be fed during the usual 30 minute lunch period. Some of these cafeterias have adopted the Army mess type of service, providing a one-menu lunch. This method has proved satisfactory to employees when variety in the menu was provided from day to day.

Some of the large sprawled out plants and ship yards have introduced mobile units to bring food to their workers. Others that don't have space for a cafeteria depend on lunch-box services to provide adequate nutritious lunches at reasonable prices.

And the results of this Industrial Feeding Program? Better fed workers...fewer accidents...less absenteeism...and more guns, tanks, and planes for our fighting men.

.....NEWS OF THE NORTHEAST REGION.....

(Cleared by OWI with an "A" essential rating)

FOOD FACTS ABOUT.....

PUMPKINS.....were cultivated by the Indians long before Columbus ever sighted America. The early settlers found pumpkins growing in Massachusetts and Rhode Island when they first crossed the water.



ONIONS.....A myth of the Middle Ages said that the onion was sacred to Saint Francis. During certain festivals, a person representing Saint Francis, gave an onion to every young maiden. Each maid cut the onion, whispering the name of the man she wanted to marry. Then, according to the myth, if she dreamed of a wedding that night, she would get her man.

CRANBERRIES.....Indian medicine men deserve the credit for introducing cranberries to the early colonists. This Thanksgiving, homemakers will find very few cranberries on the market.... so they'll have to use their ingenuity to stretch the cranberries they can find...or use their best home-made relishes instead.

(...PLEASE TURN TO NEXT PAGE...)

FEATURE THESE.....

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<u>BOSTON</u>	<u>NEW YORK CITY</u>	<u>PHILADELPHIA</u>
Apples	Apples	Apples
Snap Beans	Beets	Beets
Beets	Broccoli	Broccoli
Cabbage	Cabbage	Carrots
Carrots	Carrots	Onions
Cauliflower	Onions	Parsnip
Lettuce	Parsley	Sweet Potatoes
Radishes	Potatoes	Rutabagas
Spinach	Sweet Potatoes	Spinach
Turnips	Radishes	Turnips
	Squash	
	Spinach	
	Turnips	
<u>WASHINGTON, D.C.</u>	<u>PITTSBURGH</u>	<u>BALTIMORE</u>
Apples	Apples	Apples
Cabbage	Beans	Carrots
Lettuce	Cabbage	Celery
Onions	Grapefruit	Lettuce
	Lettuce	Onions
	Onions	Sweet Potatoes
	Potatoes	Spinach
	Sweet Potatoes	
	Tomatoes	

Comment.....

It is our good fortune that popular and nutritious fruits and vegetables are in good supply. Apples...cabbage...onions...and spinach... appeal to both palate and purse.

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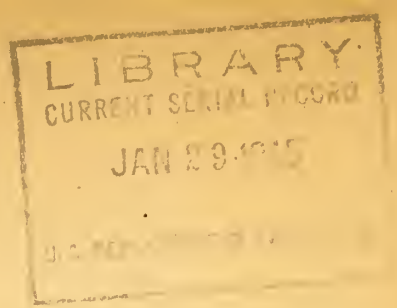
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Radio Round-up

A Service
For Directors of Home Forum Programs

New York, New York
November 18th, 1944

on food

.....W-H-A-T-'S I-N-S-I-D-E.....

- GIVING THANKS FOR THE RECORD HARVEST.....From Americans who eat it.
to Americans who produced it.
•
- DRESSING IN YOUR SALAD.....Homemakers find reasonable supplies.
•
- TANGERINE SYRUP.....Light-brown, honey-like, with sweet fruit
flavor...and Vitamin C value.
•
- RESPONSES TO WAR FOOD PROGRAMS.....Homemakers will cooperate if
they know all about them.
•
- BRINGING HOME THE BACON???.....Explaining the shortage.
•
- COOKING WITH GRADE B EGGS.....Just as nutritious as higher grades.
...and good for almost every purpose.
•
- TURKEY TALK.....The Armed Forces' Thanksgiving Dinner, and some
tips for civilians.
•
- A SOUR NOTE.....Why no lemons?
•
- FOOD FACTS.....Filler facts for your use.
•
- FEATURE THESE.....Plentiful fruits and vegetables in the Northeast
Region.
•

WAR FOOD ADMINISTRATION
Office of Distribution

.....GIVING THANKS FOR RECORD HARVESTS.....



Americans face this Thanksgiving with the largest harvest record in history,

Here are a few highlights from the November Crop Report issued by the U.S. Department of Agriculture. The fall weather has been unusually favorable for maturing late crops and for harvesting. As a result the prospective yields of corn, sorghums, soybeans, cotton, potatoes, and sweet potatoes have raised since the October Crop Report.

Sorghums for grain are turning out a record yield on a record acreage. Rice is also in the bumper crop class. These, with a large wheat crop and a good harvest of oats and barley, put American grain production at an all-time high. In fact, this year the United States has harvested about one-fifth to one-fourth of the usual world production of all grain.

As of November 1st, the combined production of commercial apples, peaches, pears, grapes, cherries, plums, prunes, and apricots for 1944 is now expected to be 20 percent above the 1943 record and 9 percent above average. Military requirements are still high for these fruits in processed form, but homemakers had more of the fresh fruit to "put up" at home this year. While the total aggregate of these eight major deciduous fruits is over 1943, the production of grapes and prunes declined 11 percent and 20 percent respectively from last year. Also cranberries are in very short supply....46 percent below last year.

Except for the heavy storm loss in Florida, October weather was favorable in all citrus fruit states. Aggregate tonnage of citrus is estimated at six percent less than in 1943--44, but 44 percent above the ten-year average.

Walnuts, almonds, pecans, and filberts will also be more plentiful than last year, and they too are 44 percent more than the ten-year average.

Almost 8 million tons of fresh market commercial truck crops were produced...this exceeded 1943 by 17 percent. Harvesting of truck crops for processing was nearly completed early in November with the tonnage now 92 percent above last year.

The mild sunny weather of October was also decidedly favorable for livestock and poultry. Reports on egg production showed an average of 7 percent more eggs per 100 hens than during the same month in any previous year. Reports on milk production showed an increase of five percent per cow over October last year. The fine weather has permitted use of feed in pastures and meadows and enabled farmers to conserve hay supplies where these are limited.

.....DRESSING FOR YOUR SALAD.....

The commercial manufacture of mayonnaise, salad dressing and related products is still a new industry in this country. Not until the 1900's was mayonnaise sold in any amount in the United States. During the first World War, as in this one...the increased use of vegetables and fruits stimulated the demand for mayonnaise, and there has been a growing market ever since.

To the royal epicure, Louis XIV goes the credit for popularizing sauces and dressings. One legend has it that mayonnaise...as we know it... was created in another war. When the Duc de Richlieu took the Island of Minorca from the British...he ordered a feast to celebrate his victory. The chef developed a special sauce for the meats and named it after the village of Mahon where the festivities took place.

French chefs and immigrants introduced mayonnaise to this country... but for many years this dressing was used only by the well-to-do. In the late 1920's the industry was finally on its way and favored some kind of control- over the ingredients going into mayonnaise. After discussions with producers, the Food Standards Committee in the U.S. Department of Agriculture released in 1928 a definition of mayonnaise...mayonnaise dressing and mayonnaise salad dressing. Under standards of the Food and Drug Administration...the present definition of mayonnaise is: a semi-solid emulsion of edible vegetable oil, egg yolk, or whole egg, a vinegar, and/or lemon juice, with one or more of the following...salt, other seasoning, sugar and/or dextrose. The finished product contains not less than 50 percent edible vegetable oil. (NOTE: The principal vegetable oils used are cotton, corn, and soybean.)

Since 1928 a yearly survey has been made of production of salad dressing and related products. In these sixteen years, production reached a peak of about fifty-one million gallons in 1942...from thirteen and half million gallons in 1928. Production has dropped off the past two years because of restrictions on the supply of vegetable oils and low supplies of spice...and to a certain extent by sugar curtailment, packaging and manpower shortages. In spite of these handicaps...the mayonnaise industry has maintained an equitable distribution...so the homemaker has been able to find a reasonable supply of mayonnaise and other salad dressings at her grocer's during the past years.

.....TANGERINE SYRUP.....

Once again research has found a way to help farmers make use of that part of their crop normally a drag on the market.

At Winter Haven, Florida, a tangerine syrup has been developed to make use of cull tangerines. Before this process was discovered, growers had trouble selling low grade tangerines because no one knew an easy way to

can the juice. Chemists on the staff of the Florida Citrus Commission, working closely with investigators of the U.S. Department of Agriculture, found a way of concentrating and processing tangerine juice which lends itself to commercial production.

This light brown, honey-like syrup with a sweet fruit flavor has Vitamin C value. Bottled for table use, it might add a variation in the way of syrups to the morning waffles. Tangerine syrup also can be put up in large containers for making sugar, or it can be used as a glycerine substitute.

.....RESPONSE TO WAR FOOD PROGRAMS.....

The American homemaker has been told many times that "Food will win the war". Among the ways in which she has been asked to help safeguard the Nation's food supply are: Saving fats, using every scrap of food, home canning, victory gardening, and buying plentiful foods in place of scarcer foods.

The Bureau of Agricultural Economics in the U.S. Department of Agriculture recently interviewed 500 women in nine cities of over a half million population to find out whether city housewives were interested in these war food programs and how many were participating in them.

Broadcasters may be interested to know that of all the food campaigns, the most familiar were the food and fat conservation measures. Ninety-nine percent of the city women interviewed know that the Government wants them to save used kitchen fats, and 86 percent were actively cooperating. Ninety-four percent of the women are using leftover foods. About half of this number reported that they have always conserved food as much as possible and the other half said the war stimulated their efforts to avoid waste and make use of leftover foods. What's more, the housewives still consider food conservation and production important even though rationing is now more liberal.

Nine out of ten of the women knew about the Victory Garden and canning programs. While sixty percent are doing some home canning, only 37 percent in these large metropolitan areas had Victory Gardens. The survey showed that most women consider economy the chief reason for canning. When prices of a plentiful food are favorable enough, they could be interested in "putting up" that particular item.

Reception of plentiful food campaigns did not always keep pace with other conservation programs. The answer given concerning the "Buy Plentiful Foods" campaigns showed that many homemakers do not understand the programs. They think each campaign might cause over-buying and shortages. (The real purpose, of course, is to reduce demand for scarcer foods). To determine how cooperation with this campaign could be increased, the women interviewed were asked how to get people interested in buying

plentiful foods. Over half of the women said that price was most important... whether plentiful foods are cheap or reasonably priced. Forty-one percent emphasized the importance of ways to cook and serve these foods simply and attractively. Twenty-one percent want to know whether plentiful foods are nutritious. Only 11 percent felt it was important to tell how buying these foods will help the national food situation...although the survey showed that many women need to have the purpose of the campaign explained to them.

The survey has shown that most city housewives believe in wartime food programs. And they will adopt the "Buy Plentiful Foods" program if shown "how" to make use of these foods and "why" using them is essential.

.....BRINGING HOME THE BACON???.....

Bacon and eggs are a popular team at American breakfast tables. But the last couple of months, bacon hasn't been making such regular appearances. Ham, pork chops and pork loin roasts are also scarce. After last spring's flush supply of pork and bacon, the limited amount now seems difficult to understand.

In the first place, there was a 24 percent reduction in this year's spring pig crop...the supply now coming to market. Farmers raised a smaller number because corn was scarce in relation to livestock and poultry producer demands. While there will be more pork on the market in December and January, right now we are emerging from the seasonal low for hog marketing. However, no great increase in pork and bacon is promised in the coming months because Federally-inspected meat plants are setting aside, for Government purchases, about 45 percent of the dressed weight of pork (excluding lard). Most of this set-aside pork and bacon will go to our military forces and to the Lend-Lease program. More pork is needed as our forces increase overseas. Troops in the battle theatre use a lot of canned meats, and the most popular canned meat is pork.

If broadcasters are asked, "why during last spring's flush hog production, wasn't more bacon put in storage?" The answer is, "There wasn't enough storage space for all the pork and all the other commodities that needed cold storage protection." For that reason pork was made point-free to civilians. They had it, they ate it, and they enjoyed it while it lasted. Another question might be: "Why, when there was a feast of pork, didn't we ship it overseas to our men, to England, to Russia?" The answer: "At the time, ships were as scarce as storage."

More pork for the Army, plus decreased production, adds up to less pork for civilians.

.....COOKING WITH GRADE B EGGS.....



Medium-cost (Grade B) eggs are going to be featured in retail stores the next six or eight weeks. Because they are so plentiful and so reasonably priced, the homemaker doing additional baking for the holidays will find the Grade B eggs an economical buy.

With increased purchasing power, many homemakers have passed up these medium-cost eggs in preference for Grade A or AA eggs. At the same time, war requirements for dried eggs...which are usually made from eggs scoring Grade B or under...are now much less than last year at this time. Thus...there has been a slow market for other than top-grade eggs.

It is true that Grades A and AA eggs are more satisfactory for boiling, poaching and frying...but Grade B and even Grade C eggs...when properly graded and stored...are just as satisfactory for many cooking purposes. And during the next six or eight weeks while laying hens are taking their seasonal vacations...and when top grade eggs are limited...the middle grade eggs will sell at noticeably lower prices.

Pound for pound...middle grade eggs are as nutritious as those of the top grade. They are as taste-satisfying as higher grade eggs when used in making pancakes, souffles, waffles, croquettes, puddings, cakes, and cookies.

So for the holiday baking...the officially graded and certified Grade B eggs are economical. And it's always a good idea to look for the grade stamped on the egg carton. The U.S. egg grades are designed to help American consumers get the quality of egg they desire and are willing to buy.

.....TURKEY TALK.....

The Quartermaster Corps has prepared a master menu for Thanksgiving to assure our armed forces a holiday dinner in the traditional manner. The meal starts with grapefruit juice. Then comes roast turkey with giblet sauce and a dressing. There will be mashed potatoes, string beans and corn...and as an extra treat...cranberry sauce. There will be hot rolls and butter. Trimmings include celery, olives, and pickles. For dessert...pumpkin pie and coffee. Those who wish can polish off the meal with apples, tangerines, candy and nuts. The master menu will be followed not only in camps in this country but in our camps all over the world...depending, of course, on supply, shipping and combat conditions.

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Because of the short supply of turkeys available to civilians for Thanksgiving, ceiling prices are important to effect a fair distribution. The OPA ceilings differ in various localities, usually according to distance from principal producing areas. In a great many communities, the exact ceiling prices must be posted at the counter where poultry is sold. As for price: This year the light weight turkeys have a ceiling price about one cent less than last year. Medium weight and heavier turkeys are selling at a ceiling price of one cent above last year. And those folks who are working this Thanksgiving and plan to get their holiday dinner at a restaurant will be paying about the same price for their meal as a year ago. Under ceiling price regulations, no restaurant is allowed to charge more than a fifteen percent increase for this holiday meal over a Sunday dinner of the same class.

.....NEWS OF THE NORTHEAST REGION.....

(Cleared by OWI with an "A" essential rating)

A SOUR NOTE.....



LEMONS ARE "Short"!

Homemakers may be having trouble finding lemons at their fruit and vegetable counters. Market reports tell us that there's a general shortage of lemons throughout the Northeast Region, and that prices of available lemons are correspondingly higher. This is due partly to the fact that there was a smaller than average crop this year, and because we've been buying them up as fast as they come to market. Then, too, we're right smack in the middle of the year's low point in lemon receipts.

California generally supplies us with more than 99 percent of our total lemon crop...and the other something under one percent comes from Florida and Arizona.

Although lemon receipts are at a seasonal low right now, we should be having more of them on the market sometime toward the latter part of January. In the meantime, homemakers will find moderate supplies of limes on the markets, which in some cases can double for lemons.

FOOD FACTS ABOUT.....

CHEESE.....An old legend describes the origin of cheese this way: A lone Asian traveler filled a container made from a dried sheep stomach with milk for a long trip. When after several hours of travel he stopped to refresh himself, he found he couldn't pour any liquid from the container. When he cut it open to investigate, he found, in place of the milk, a mass of white curd with a distinctly pleasing flavor.

GRAIN.....Grain was the great contraband of war in Grecian times. The height of strategy when the Persians invaded Hellas, in about 490 B.C. was to blockade the incoming Greek grain ships and so starve the enemy into submission. But the hardy Greeks, brought up on a simple but healthful diet of which the staples were cereal and fruit, soon were able to overcome the Persians.

COCOA.....Nobody seems to know when cocoa and chocolate came to be used as food...but chances are some ambitious Aztec tried roasting and eating the **cacao** bean and found it delicious.

(....PLEASE TURN TO THE NEXT PAGE....)

FEATURE THESE.....

Here are lists of plentiful fresh fruits and vegetables in major markets in this region. We suggest that you feature these fresh foods when you give meal-planning suggestions to your listeners. This is the twenty-fourth installment of this feature which you'll find in "RADIO ROUND UP ON FOOD" each week.

Latest wire information from our market news office is the basis for this report. For daily developments during this current week, phone your local market news office.

<u>BOSTON</u>	<u>NEW YORK CITY</u>	<u>PHILADELPHIA</u>
Apples	Apples	Apples
Snap Beans	Snap Beans	Beets
Beets	Beets	Cabbage
Cabbage	Broccoli	Snap Beans
Carrots	Cabbage	Onions
Cauliflower	Carrots	Oranges
Lettuce	Cauliflower	Potatoes
Onions	Leeks	Sweet Potatoes
Oranges	Onions	Rutabagas
Potatoes	Parsley	Spinach
Spinach	Potatoes	Winter Squash
Turnips	Sweet Potatoes	Turnips
	Pumpkins	
	Radishes	
	Spinach	
	Squash	
	Turnips	
<u>WASHINGTON, D.C.</u>	<u>PITTSBURGH</u>	<u>BALTIMORE</u>
Apples	Apples	Apples
Cauliflower	Beans	Snap Beans
Onions	Cabbage	Cabbage
Potatoes	Onions	Cauliflower
	Oranges	Celery
	Potatoes	Grapefruit
	Sweet Potatoes	Lettuce
		Onions
		Oranges
		Potatoes
		Sweet Potatoes
		Spinach
		Turnips

Comment.....

Oranges are again plentiful on most markets and the favorable weather makes it possible to still get fresh near-by spinach. Apples and onions also are in good supply.

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LETTER FILE
CURRENT SERIAL RECORDS
JAN 29 1945
U.S. DEPARTMENT OF AGRICULTURE



Radio Round-up

on food

A Service
For Directors of Home Forces Directors

New York 7, N.Y.
November 25, 1944

....W-H-A-T-'s I-N-S-I-D-E....

.....
SHORT AND SOUR...LEMONS..Facts about the lemon shortage.
.....

FROZEN VEGETABLES: AVAILABLE...What's to be had at food counters and why.
.....

MORE THAN A SEASONING...The importance of iodized salt.
.....

AMERICAN FOOD ON THE MOVE...Behind the scenes with WFA food purchasing.
.....

R.S.V.P....Let us know if you want a July-December, 1944 index.
.....

OPENING OF THE SEASON...Minicement ingredients for home baking.
.....

NUTRITION THROUGH LABOR UNIONS...Labor's Committee on Food and Nutrition.
.....

FOOD FACTS...Filler Facts for your use.
.....

PLENTIFUL FOOD INFORMATION...In the Northeast Region.
.....

.....
FEATURE THESE Plentiful fruits and vegetables in the Northeast Region.
.....

WAR FOOD ADMINISTRATION
Office of Distribution

SHORT AND SOUR...LEMONS

Many of your homemakers have been wondering why the unusual shortage of lemons at their local fruit counters. Here are the facts, from the War Food Administration.

First, the 1943-44 crop was short and there are not enough lemons in storage now to meet all demands until the 1944-45 crop comes on in abundance. As of December 1, 1943, the lemon crop was estimated to be a record-breaking one of over 14 million boxes. Unfavorable weather last February...wind and rains...in the producing area of California reduced the crop to a little over 11 million boxes.

Along with a small crop, demands ran unusually high this year. This past December and January, months when shipments normally averaged around 250 cars a week from the West Coast, they averaged over 300. This increased demand in winter was due to the number of flu cases across the country. Citrus dealers maintained their shipments because of the large crop expected. Then this summer shipments of lemons were heavier than average because of continued demand at ceiling prices.

So ever since September lemons have been becoming more scarce. The first of November, instead of having 1500 cars of lemons in storage.... as there were at the beginning of November last year...there were only 377. While the picking of the new crop started November 1, demand still exceeds supply and will until the first of the year.

Lemons differ from oranges and grapefruit in that they are usually riped in storage. Only a small percentage of the crop is tree ripened. Most lemons are picked in a "silver" or "green" stage and held in storage two to three months according to the stage of ripeness when they were picked.

The harvest of new crop lemons began the first of this month. Most of these lemons, largely from the so-called interior valleys of California, will be marketed by May 1. After May, lemons from the coastal areas will keep us supplied until November 1945.

While lemons are in short supply, it is important that ceiling prices be maintained to assure a fair distribution. Under price regulations, the homemaker should be paying right now about 12½ cents per pound, retail.

FROZEN VEGETABLES AVAILABLE

Baked beans, Squash, Pumpkin, Spinach, Brussels Sprouts and Cauliflower are the frozen vegetables most available at counters across the country right now. The Army is taking a certain percentage of the frozen lima beans, peas, corn, string beans and spinach for use in camps in this country and on some of the large battletwagons where there are storage lockers. For this reason, civilian stocks of these particular frozen vegetables are limited. Although all are available in some markets right now.

Frozen vegetables are popular because they add variety to meals when fresh produce is seasonally limited. There is no waste or shrinkage to them and with adequate temperature can be held in the home refrigerator for several days. They are easy to prepare too because with few exceptions they can be cooked immediately in solidly frozen conditions.

MORE THAN A SEASONING

Salt has long, long been valued as a seasoning and preservative. It also plays an important role in nutrition as a regulator of certain processes of the body. In America there is a boast that never has there been a Federal tax imposed on the traffic in salt. Today this food is one of the cheapest products we consider essential, and we all rather take it for granted.

In spite of the wide availability and cheapness of salt, it is playing a rather new and important role. Scientists have found that it is an ideal carrier for iodine, a mineral which is essential to the body's well being in that it is a preventive of simple goiter. The use of this "iodized salt" is particularly important in those areas of the United States where the soil is poor in iodine. In these areas the drinking water and foods locally produced are also poor in iodine, and many persons who live there suffer from enlarged thyroid gland or simple goiter. By using iodized salt daily, merely as a food seasoning, people in these areas get the needed requirement of iodine.

Iodized salt, introduced in this country in 1924, in certain regions where goiter was prevalent, is not a medicated product. Rather it has had something like its natural iodine content restored to it. Iodine does occur in natural salt in varying amounts, but all is lost in the refining processes. In iodizing salt, only one part potassium or sodium iodide is added for each ten thousand parts salt. The amount of iodine a healthy person needs is very minute, less than the weight of one kernel of wheat. That amount keeps the thyroid gland in good working condition, and in children that tiny supply of iodine when used by the thyroid gland controls growth.

At present, about half of the table salt in this country is iodized, and salt manufacturers will manufacture more if there is a demand for it. As the result of years of scientific study, today's iodized salt never discolors, can be packed in any kind of container, does not lose its iodine through evaporation and is evenly iodized. At the same time it looks the same, tastes the same and costs the same as ordinary salt.

AMERICAN FOOD ON THE MOVE

American food is now going to our fighting forces and allies in 56 theaters of war. Another vital share is going to U.S. prisoners of war through the American Red Cross, to the Caribbean area, Hawaii, Iceland, Polish refugees in Russia and to the hungry people of Greece.

The Army does most of its own food purchasing. But the War Food Administration issues set-aside orders to food processors in order that the necessary supply will be available when the Army comes to market. For example, so that our fighting men and women would have turkey for the holidays, the WFA had to step in and cut off the civilian supply of turkeys for awhile.

Then, to obtain sufficient quantities of beef, the WFA required packers operating under Federal inspection to set aside 60 percent of the better grades of beef that meet Army specifications and 80 percent of the canner and cutter grades. Since not all meat sold in this country is through Federally inspected plants, only about 30 percent of our total beef supply goes to the Armed Forces. Processors of canned fruits and vegetables, dairy products and other food also set aside a certain percentage of their annual production for purchase by the Government.

The War Food Administration through its Office of Distribution is responsible for purchasing food that goes to our allies, our territories and other wartime claimants. To keep these claimants constantly supplied, the WFA buys 5 to 8 million dollars worth of food a day and maintains a 500 million dollar inventory. When the constant inventory check-up shows that a certain quantity of food is no longer needed to fill some war order, this food is offered for sale to the trade. To date, most of the WFA surplus stocks, especially brand-name canned goods, have been offered to the packers who sold them to the Government. This is done because the original processor has regular customers and knows the trade for his commodity. Also, this method of sales, established selling outlets are used and through a processor who has a reputation in regard to his product. Finally, this is the sales procedure most food trade people want. If any quantities are not taken by original seller, they are offered to wholesalers, chain stores and other trade groups through a uniform and simultaneous public announcement of offer. During the past six months about 23 million dollars worth of food sold back through the trade is a small quantity compared with the 500 million dollar inventory. Proof that WFA buying is limited to known war requirements.

R. S. V. P.

An index of all the articles that appeared in ROUND-UP for the period January through June 1944 was mailed to broadcasters in July. The index listed stories according to subject matter and the date of issue. As the year draws to a close, another index is in order for classifying articles through the July-December months. This indexing will become a bi-annual enclosure with ROUND-UP if it has value to broadcasters.

We would like to know if you have had occasion to refer to the index mailed this summer. Unless there are requests for a second issue, no index will be compiled at the end of December. If, early in January you would like an index covering July-December 1944, please let us know. Our address is, Marketing Reports Division, Office of Distribution, War Food Administration, 150 Broadway, New York 7, N.Y.. If most of you folks want the index, it will be issued—otherwise it will not be mailed out.

OPENING OF THE SEASON

Thanksgiving usually heralds the opening of the season for mincemeat pies. So from now on through the winter, homemakers will probably be interested in mince pies for dessert. They're, more or less, a traditional winter dessert in many homes. Chances are that some of your listeners are used to buying the prepared mincemeat mixes at their local grocery stores or delicatessens. This fall and winter, homemakers may not be able to find all the prepared filling that they want. If this is the case in your locality, tell them not to give up hope of steaming hot mincemeat pies for dinner during the cold winter evenings. They can easily make their own mincemeat.

Apples which are one of the principal ingredients of mincemeat, are among the plentiful fruits on most markets at the present time. Although the apple crop is only average this year, the per capita civilian supply will be slightly more than 38 pounds as compared with the 25 pounds last year.

Raisins are another ingredient to consider when making mincemeat. The total supply of raisins is smaller this year, but the share for civilians was released earlier than usual. Therefore, there should be sufficient quantities of raisins on the market by this time of year. If homemakers aren't able to find candied citrus peel, they can make it at home for mincemeat and other holiday baking.

It's true that civilian supplies of many spices have been cut since the war. In fact, cinnamon is one of the main ones in short supply. However, you might suggest that homemakers try all-spice which tastes like a blend of cinnamon, nutmeg, and cloves.

Of course, suet and lean beef are two more ingredients necessary for good mincemeat. Homemakers shouldn't have any trouble finding a less expensive piece of lean beef for mincemeat. One of the less tender cuts can be used because the meat is usually cut into small pieces and then boiled for a long time. Suet is easily found, and at a very slight cost.

FOODS WITH A GRADE

There are still many homemakers who don't know about government grading and inspection stamps. These women are very likely to confuse the different grades of meat, eggs, and other products. If they knew the different grades and stamps, they would be getting the types of meat and other products for the purpose they need, and the price they're willing to pay.

Recently, the War Food Administration published a booklet to help consumers make the best use of graded foods. This booklet gives information on the grades of eggs, butter, poultry, and processed fruits and vegetables. Because of the limited number of copies, the bulletin, "A Consumers' Guide to U.S. Standards for Farm Products" is available only to broadcasters at the present time. For your copy write to War Food Administration, Office of Distribution, Marketing Reports Division, Washington 25, D.C.

NUTRITION THROUGH LABOR UNIONS

A war development has been the marked interest organized labor has shown in the national nutrition movement. Not that labor's response to nutrition education before the war was "no". The war itself, though, spurred interest and need for the nutrition program. The sharing of our food supplies, rationing, more money, food shortages, higher prices, seasonal surpluses, starvation abroad, new food processes, army rations, Lend Lease requirements, substitutes, over-crowded plants and their feeding problems...all became daily topics in the press and over the radio. The food problem became an important civic activity...a nation-wide, home front function.

To get food information over speedily to all labor groups, a special section on labor education was set up in Washington, D.C. in the Nutrition Programs Branch of the War Food Administration. The services of this section are based on the theory that workers can best be reached through organizations in which they have confidence...rather than through new clubs or classes or even civic organizations in which they have not previously taken an active interest.

At the national level, labor's Committee on Food and Nutrition represents all organized labor. This labor advisory group works through educational departments of the labor unions to further nutrition education, victory gardens, school lunches, industrial feeding, etc. The committee also helps local labor organizations to cooperate with State, City and County Nutrition Committees. As a result, local nutrition committees have now reached practically all lay organizations aiding them with speakers, courses, movies, exhibits, and demonstrations.

The changing of food habits involves breaking down indifference and resistance as much as introducing new habits rooted in science. Because of this fact, novelty has been an essential part of labor's nutrition campaign. Exhibits have been displayed at annual conventions, pamphlets and movies on food have been discussed at national and local meetings. These publications, exhibits, and contests have been conducted cooperatively by organized labor and supported by labor. Thus labor is taking part in the national nutrition program.

FOOD FACTS ABOUT...+



BEEF...."For its merit I will knight it, and henceforth it shall be called Sir Loin," said King Charles II, after eating a piece of loin of beef.

ARTICHOKES....The Jerusalem artichoke is really a tuber, and comes from a plant that resembles the sunflower. The name "Jerusalem artichoke" is a corrupted version of the Italian word for sunflower..."girasole."

OATS....Oats once saved Scotland. When the invasion of Britain by the Romans came, the Picts and Scots had to take to the hills.

Practically their only food was wild oat seeds which they had to eat raw, since they dared not light a fire to heat their porridge for fear of attracting the enemy. Gradually, oatmeal became a national dish...and from Scotland it went out to the rest of the world.

ONIONS

According to the ancient Romans, onion juice was a cure for loss of speech, and for snake bite, too.

PLENTIFUL FOOD INFORMATION....

The foods listed below are expected to be plentiful through the Northeast Region in general for the month of December. Your mention of these foods on your programs will help encourage wise use of the wartime food supply.

FRESH FRUITS AND VEGETABLES

Apples (especially	'
lower grades)	'
Onions	'
Beets	'
Carrots	'
Cabbage*	'
White Potatoes (small	'
sizes only)	'
Sweet Potatoes	'
Turnips	'
Winter squash	'
Spinach	'
Other products in	'
local abundance	'

OTHER FOODS

Frozen vegetables and frozen
baked beans**
Dry mix and dehydrated soups
Soya flour, grits and flakes
Peanut butter
Citrus marmalade
Jams (except berry varieties)
and jellies
Apple butter
Wheat flour and bread
Macaroni, spaghetti, noodles
Oatmeal

(NOTE).....*During the first part of the month

 **Where there are facilities for handling frozen products

FEATURE THESE....

Here are lists of plentiful fresh fruits and vegetables in major markets in this region. We suggest that you feature these fresh foods when you give meal-planning suggestions to your listeners. This is the twenty-fifth installment of this feature which you'll find in "RADIO ROUND-UP ON FOOD" each week.

Latest wire information from our market news office is the basis for this report. For daily developments during this current week, phone your local market news office.

BOSTON

Apples
Beets
Cabbage
Spinach
Squash
Turnips

NEW YORK CITY

Apples
Snap Beans
Beets
Cabbage
Cauliflower
Onions
Potatoes
Sweet potatoes
Pumpkin
Spinach
Turnips

PHILADELPHIA

Apples
Beets
Carrots
Oranges
Potatoes
Rutabagas
Spinach
Squash
Turnips

PITTSBURGH

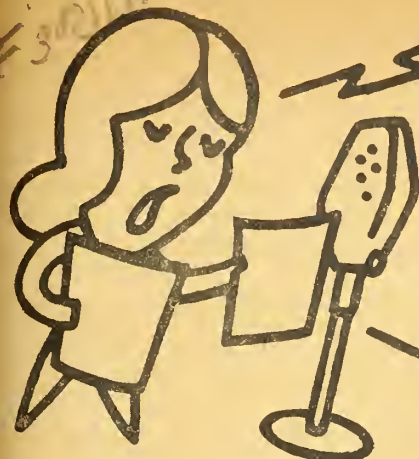
Apples
Beans
Cabbage
Oranges
Potatoes

BALTIMORE

Apples	Oranges
Snap Beans	Potatoes
Carrots	Sweet potatoes
Onions	Spinach

Comment...Some tender vegetables such as snap beans and spinach are still readily available in most markets. Cabbage and potatoes are plentiful. Orange arrivals are increasing.

live 1942
F302111



Radio Round-up

on food

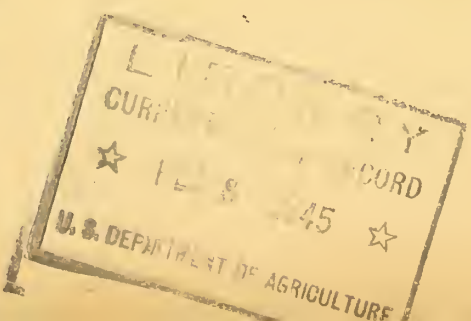
A Service
For Directors of Home Forum Programs

New York, 7, New York
December 2nd, 1944

.....W-H-A-T-'S I-N-S-I-D-E.....

-
- ENTREE THE MEAT.....Prospective meat supplies for the winter.
-
- MOLASSES MAKES THE GINGERBREAD MAN.....A syrup sweetener to stretch short sugar.
-
- PUTTING SPICE IN THE NEWS.....Spices available and their backgrounds.
-
- IF YOU CARE A FIG.....News about dried fruits.
-
- IT WORKS BOTH WAYS.....Australia, New Zealand, and the "principle of mutual assistance".
-
- A GOOD BUY LIST.....Abundant foods worth noticing.
-
- TOPPING FOR THAT UPPER CRUST.....Up-to-date with jams, jellies, preserves.
-
- AMERICAN FOOD HABITS.....What we do eat and should eat.
-
- FEATURE THESE.....Plentiful fruits and vegetables in the Northeast Region.
-

WAR FOOD ADMINISTRATION
Office of Distribution



.....ENTREE THE MEAT.....

Broadcasters suggesting various meat dishes for the family menu will not find much change in the supply picture for the next few months, because at present about a third of all meat is going to military and war uses.

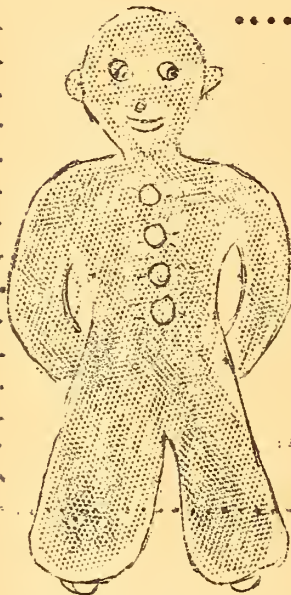
Beef, which represents about 40 percent of the total meat supply, will be about as plentiful as it has been for the past few months. This means there will be slightly more beef for civilians this winter than last.

There will be about a third more veal on the market for civilians during the next three months than during the same time a year ago. This doesn't indicate an increase in ~~over-all~~ meat supplies to the consumer. At present the American consumer buys only one pound of veal to every twenty-five or thirty pounds of beef. With more veal coming to market it will just be a matter of substituting another pound of veal for one in the beef column.

Lamb and mutton stocks are now in fairly good supply across the nation; but in the first four months of 1945, they may be expected to decline. Livestock indications now point to a reduction in sheep numbers.

Although there will be more veal and beef in the winter months, the total meat supply will be less than a year ago...about 15 percent less in December. Nearly all this reduction will be in pork. Because of reduction in spring and fall pig crops, there is no indication that pork supplies for civilians will increase before the 1945 spring pig crop comes to market...in November and December 1945. In event the war in Europe ends early in 1945, there is a possibility of some increase of pork to civilians.

.....MOLASSES MAKES THE GINGERBREAD MAN.....



Dark brown molasses not only makes the Gingerbread Man sturdy but helps those folks who get a share of it in their diets, too. That dark molasses is a good and inexpensive source of iron. Iron is one of the minerals needed for healthy blood, and especially so after a trip to the Red Cross blood donor bank.

Reports from the War Food Administration indicate that molasses is fairly plentiful in most stores at this time. Made from sugar cane it not only has the calorie or fuel value of sugar but a fair amount of iron.

In the last century, Americans steadily increased the amount of sugar they used...from about ten pounds a year per person to over 100 pounds in 1941. Some of this increase of course was represented in commercially made products...confections, canned foods and bakery products. Under sugar rationing, civilian use of sugar dropped to about 80 pounds per person in

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1943. Now with molasses plentiful, it's a good idea to take some of our sweetening tips from grandmother. She used dark brown molasses over flapjacks at breakfast. Her baked beans were enriched with molasses, and modern homemakers can also earn praise for this dish and save long hours of cooking by getting a package of frozen baked beans and adding molasses just before heating. Molasses may also be poured over apples for baking and over winter squash, too.

Homemakers who want to make a hit with the "small fry" in their families at Christmas will not forget gingerbread men. Make the men festive with glazed, icing suits and candy buttons. Ginger snaps are another cookie in popular demand. And for a tip on making those ginger snaps; heat the molasses with shortening to the boiling point. Then stir in the milk and cool before adding sifted dry ingredients.

.....PUTTING SPICE IN THE NEWS.....

Allspice, ginger and mace are in normal supply on the market right now. These three imported spices are now arriving in amounts similar to pre-war requirements.

Ground allspice is made from the pea-sized fruit of a tree native to the West Indies, and in the West Indies goes under the name of "pimento". Our imports right now of this spice are chiefly from Jamaica and Mexico.

The flavor of allspice resembles a blend of cinnamon, nutmeg and cloves. Allspice is easily interchangeable in recipes calling for these other more limited spices...a welcome note for homemakers preparing cakes, cookies, and puddings for Christmas week.

Our ginger supplies are from West Africa, Jamaica, and India. Ginger is ground from the root of a tuberous plant. It's the keynote of gingerbread and cookies, Indian pudding and pumpkin pie. And in the soft-drink industry it's a flavoring for gingerale and ginger beer.

Mace and nutmeg come from the same tropical tree. Mace is the fleshy growth between the nutmeg shell and the outer husk, and is orange-red in color. The war has cut off our supplies of mace from the Netherlands East Indies; so all present imports are from Grenada in the British West Indies. Mace is good with fish sauces, and a dash in oyster stew has an appetizing affect. Mace also contributes to the golden tint and delicate flavor of yellow cakes, and is a valuable addition to chocolate dishes.

Since the supply of ginger, mace, and allspice is favorable, War Food Administration restrictions permit--their distribution at practically normal levels. As for cinnamon, nutmeg and pepper...we can expect no increases until the war in the Pacific ends. These spices are under WFA regulation at lower quota percentages based on their respective availability. That means that a spice packer is allowed to deliver a certain percentage each quarter which assures fairness of the civilian supply distribution.

.....IF YOU CARE A FIG.....



The War Food Administration announced recently that 5,000 tons of dried figs from Turkey may be available for importation into the U.S. in the near future. These will be allocated to American importers on the basis of individual fig imports during the 12 months ending June 30th, 1937. The importers in turn will sell them to industrial users in bulk lots and to civilians in popular sized packages.

In the pre-war years of 1935 to 1939, the United States imported about 2800 tons of dried figs annually. The supply came principally...and in about equal division...from Turkey and Greece. Though the expected imports from Turkey just about double our total pre-war fig imports, civilians will not find more of this dried fruit on the market in 1945 than in pre war years. Those imports will just about make up for the decline this year in domestically grown figs. Last year's crop (1943-1944) in California amounted to 36,700 tons. This year the domestic crop yield dropped below 30,000 tons. So compared with last year, we could use some imports.

And for another note on dried fruit imports...about 15,000 tons of dates will be coming from Iraq. These dates will appear on civilian markets in the coming months. While the imports will greatly supplement the domestic crop, our supply of dates this coming year will still be less than in pre-war years.

.....IT WORKS BOTH WAYS.....

Lend-Lease has been described as the "principle of mutual assistance". While the flow of Lend-Lease goods going abroad has steadily increased, our Allies have granted U.S. troops reciprocal benefits in huge volume...also without payment...In all parts of the world...from Iceland to New Zealand...American military and naval forces and our merchant marines have received services and commodities to satisfy many of their needs.

Let's look for a few minutes at the Australian and New Zealand reverse Lend-Lease program...especially in terms of food.

Both Australia and New Zealand are devoting 18 percent of their total war budgets to the United States Armed Forces. A substantial part of this assistance is in the form of food. Army mess kits in the Pacific area are being filled with Australian and New Zealand beef, veal, pork and various canned meats, potatoes, sugar, fruits and vegetables.

...5...

We have now received from Australia and New Zealand about 1,850,000,000 pounds of food for our forces in the Pacific Theater. This program includes not only great quantities of fresh foods, but also of canned and dehydrated foods locally grown and processed under a program undertaken especially for our forces. If it had been necessary for us to ship this food from the United States, it would have required 130 loaded ships. We were able instead to transport more guns and tanks and equipment which could not be produced at all or in sufficient quantities in Australia and New Zealand.

This Lend-Lease program has meant many changes in the Australian food production picture. Australia was not a big vegetable eating nation before the war. Their vegetables...principally, cabbage, potatoes, squash, cucumbers, and tomatoes...were produced on small truck farms near the cities. Since our Quartermaster Corp. menus call for plenty of vegetables, Australia and New Zealand got basic pieces of farm machinery from the United States under Lend-Lease and started vegetable production on a larger scale. More than 5 thousand acres of pasture land have been taken over by the New Zealand Agriculture Department and transformed into market gardens producing up to 4 and a half million pounds of fresh vegetables per month for U.S., New Zealand, and Allied Armed Forces. Australia in many cases has plowed up ground that two years ago was virgin soil. Large quantities of these vegetables are dehydrated and canned in special plants constructed since the war began. Virtually the entire output of these plants is going to the Armed Forces.

The food we have received from Australia and New Zealand also includes more than 400 million pounds of beef, veal, lamb, pork, and various canned meats. Our boys are also receiving millions of pounds of Australian and New Zealand butter, cheese, milk, and other dairy products. Civilian use of dairy products before the war was high in these two countries and has now been substantially curtailed in order to supply a share to Americans.

.....A "GOOD BUY" LIST.....

School lunchroom managers like careful homemakers plan their menus around the Basic Seven Food Chart and within the limits of their pocketbook. These managers have found one secret of economical buying is the selection of foods in temporary abundance on local markets. Usually the price on a food in abundant supply is lower than the price of a comparable commodity which is scarcer. This method of buying also helps build better markets for farmers and the food industry.

Each month, market specialists in the War Food Administration send a list of plentiful foods to schools receiving money from the Federal School Lunch fund. During November, the list named such foods as peanut butter, apples, onions, medium cost eggs, and canned green beans as being in good supply across the nation. In addition, the list also had a section devoted to food in good supply in the locality where the school does its food purchasing. This part of the list changed across the nation chiefly in respect to the variety of locally grown produce.

Temporary seasonal surpluses of food are not new...either now or before the war. Numerous reasons account for a local surplus or a national abundance of certain produce. Good growing weather and irregularities in the seasons frequently contribute to larger than expected or to over-lapping crops. Lack of manpower and transportation are two other causes that often give rise to local supplies in unusual quantity. When icing facilities or storage space is not available for perishable foods, these foods must be moved quickly. With the cooperation of government, industry, trade, schools and homemakers, these stocks of abundant foods can be channeled into usefulness instead of being wasted as they might be otherwise.

Broadcasters might want to point out that by making additional purchases of abundant foods the homemaker is not hoarding. Rather she is taking the pressure off foods in scarce supply.

.....TOPPING FOR THAT UPPER CRUST.....



Jams, jellies, preserves, marmalades, and fruit butters were produced in volume this year as an essential part of our national food picture. They are really important when you consider the variety and palatability they add to foods... especially bread and cereal products.

Of course fruit spreads have a nutritional value... chiefly calories....And we like them for the flavor they add to foods which may have no outstanding flavor attraction...but which are important for protein, vitamins, and minerals.

During this year...about 650 million pounds of commercial fruit spreads will be made for civilian use. This means over five pounds per capita. Citrus marmalade and apple butter will be the most plentiful. Jellies in good supply will be grape, apple, and crabapple. In better supply in the fruit preserve classification are blackberry, peach, apricot, and grape jam.....

Strawberry, raspberry and cherry are fruit preserves in short supply due to small crops of these fruits this year.

.....NEWS OF THE NORTHEAST REGION.....

(Cleared by OWI with an "A" essential rating)

AMERICAN FOOD HABITS.....

The New York State College of Home Economics passes on to us this information about what Americans nowadays eat...and what they could eat to improve their diets. We think it's extremely interesting, and that it should be useful to you. Here's what it says:

American food habits have changed during the last 30 years. We now eat nearly twice the number of vegetables, and less potatoes than we did before the war. And that's a good trend...because fruits and vegetables, along with milk and eggs are the protective foods which contribute a great deal toward growth and general good health. At the same time, it's true that only one-third of the needed calories are obtained from the protective foods...and it would be far better if at least one-half the calories were consumed in the form of milk, eggs, fruit, and vegetables.

War usually reduces the amount of food available to civilians...as it has now in the European countries. But in the United States, the per capita consumption of most foods has increased...because farmers have done a fine production job during the war years...and because higher incomes have meant more food passing over the grocery counters of the nation. This holds particularly true for fluid milk, cream, fresh vegetables, grains, meat, eggs, and chickens.

Today, vegetables make up slightly more than one-quarter of all the food an American eats and another quarter is made of dairy products. Breads and cereals, meat, eggs, poultry, and fats make up the rest.

The American diet would be improved if we would eat more whole-grain cereals, and less refined ones. In the whole grains, the body gets Vitamin B along with the calories furnished. Cereals are among the least expensive of all foods...a man working for ten hours on a big wheat farm can produce more than enough calories to last him a year, but in a ten-hour day on a dairy farm he can produce scarcely ten percent of his needs.

At present, most people get only about one-fifth of the calories they need from whole-grain breadstuffs. It would be far better to use enough whole-grain foods to supply one-half the needed calories. Whole-grain cereals can be an attractive part of all three daily meals...instead of being confined to breakfast...because they can be used in making soups, main dishes, breads, and desserts.

And here's a recipe for WHOLE WHEAT FRUIT AND NUT BREAD that sounds to us as though it could double for bread and dessert.

1 cup dried fruit	1 cup enriched all-purpose flour
$\frac{1}{4}$ cup fat	(sifted)
$\frac{1}{2}$ cup molasses or syrup	1-1/2 teaspoons baking powder
1 cup boiling water	$\frac{1}{2}$ teaspoon soda
1 cup whole wheat flour (stirred)	1 teaspoon salt
	1 cup nuts (if desired)
	1 egg beaten

Cut the fruit in small pieces. Add the fat, syrup and boiling water, and set the mixture aside to cool. Mix the dry ingredients well. Add the nuts, if used. When the fruit mixture has cooled, add the beaten egg to it, and pour it into the dry ingredients. Stir the fruit bread until there's no dry flour visible, then 10 strokes more. Put the dough into a greased loaf pan and let it stand for ten minutes. Bake the bread at 350 degrees Fahrenheit for 50 minutes.

(...PLEASE TURN TO THE NEXT PAGE...)

FEATURE THESE.....

Here are lists of plentiful fresh fruits and vegetables in major markets in this region. We suggest that you feature these fresh foods when you give meal-planning suggestions to your listeners. This is the twenty-sixth installment of this feature which you'll find in "RADIO ROUND UP ON FOOD" each week.

Latest wire information from our market news office is the basis for this report. For daily developments during this current week, phone your local market news office.

<u>BOSTON</u>	<u>NEW YORK CITY</u>	<u>PHILADELPHIA</u>
Apples	Apples	Small apples
Beets	Escarole	Beets
Cauliflower	Onions	Carrots
Onions	Potatoes	Celery
Peppers	Sweet Potatoes	Kale
Hubbard squash	Pumpkin	Peppers
Turnips	Spinach	Spinach
	Turnips	Turnips
<u>WASHINGTON, D.C.</u>	<u>PITTSBURGH</u>	<u>BALTIMORE</u>
Apples	Small apples	Small apples
Onions	Cabbage	Cauliflower
Oranges	Grapefruit	Oranges
Potatoes	Peppers	Potatoes
	Sweet Potatoes	Sweet potatoes
	Tangerines	Spinach

Comment.....

Although colder weather is restricting the quantity of local perishables, modern transportation keeps our markets well supplied with fruits and vegetables from all parts of the country. Small apples and oranges are plentiful; most markets have ample stocks of cabbage, onions, potatoes, and turnips.

....."CHICKEN IS FOR FIGHTERS FIRST".....

"The War Food Administration has issued a chicken set-aside order that will divert to the armed forces a large part of this food from civilians along the Atlantic Coast from New York to Richmond. This order was issued so that soldiers, sailors, marines, and coast-guardsmen could have the chicken they've been asking for. Present military supplies are 110 million pounds short. Fighters in training, at the war fronts, and wounded men in hospitals are asking for more chicken. I am sure that every American will agree that we should supply "Chicken For Fighters First!"

And there's the situation in a nutshell...in a statement by War Food Administrator, Marvin Jones. Homemakers who've been planning to serve chicken for Christmas and New Year's Day dinners may have to change their minds...especially if they live in towns and cities along the Eastern Seaboard from New York City to Richmond, Virginia. Chickens...especially fryers and broilers...are going to be far and few between for civilians in this area during the next several months.

The War Food Administration has just issued an order reserving for the Armed Forces all chickens produced or processed in Delaware, and the major chicken-producing counties of Virginia, West Virginia, and Maryland. These are the areas which normally supply large quantities to meat markets, hotels and restaurants from New York City south to Richmond, Virginia.

However, there's bound to be one bright spot along with bad news...and here it is. Storage chickens, and chickens produced in other areas are not subject to the order. Neither are other types of poultry, such as ducks, geese, turkeys, squabs, etc.

The War Food Administration says the new freeze order was issued to enable the Armed Forces to make up the 110 million pound shortage they now face. American service-men and women overseas were in grave danger of being deprived of chicken dinners unless military procurement was speeded up immediately. Those chicken dinners mean too much to G.I.'s for them to have to do without. Chicken is not only a nutritious food for soldiers and sailors...it's a four-star morale item. In a special "Fact Sheet", the Army Quartermaster Corps, which buys the food for all the services, said; "A shortage of chicken for the wounded, shocked, and worn out men (overseas) is unthinkable."

The War Food Administration says it will terminate the order as soon as possible. But in the meantime, civilians who can't buy chicken as often as they'd like to should remember that "Chicken Is For Fighters First".... And you can help them remember.

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.....OUT ON A LIMB.....

Pecans, English walnuts, almonds, and filberts...our four principal domestic tree nuts...are of record or near record crop-size this year. We need this big crop because total supplies of imported nuts are curtailed due to the war.

Although the total nut supply is not abnormally large, it's important to encourage homemakers to buy more nuts than usual this holiday season and during the winter months. Here's the reason...the nuts we shall have on hand this coming spring will require cold storage. As you know, this type of storage space is exceedingly limited.

Probably, you broadcasters already plan to include homemade nut cake, cookies, and candy recipes in pre-Christmas programs. But in addition to this, suggestions for using nuts in other than baked products will help increase sales for the next few months. In other words, put the nut bowl and cracker back on the table.

Growers and shippers have experienced some difficulties in getting the large crops harvested, graded, packed and shipped to market because of scarcity of labor and transportation. Commercial nutshellers have been handicapped to some extent for the same reasons. But all have worked double shifts to meet the holiday demand.

True, the prices of nuts are higher than in pre-war years. But the cost of products to tree nut growers has increased, too. The cost of materials, labor for caring for the trees, harvesting, cost of grading, packing, and shelling are all in line with present conditions.

Of the four varieties, pecans grown in our southern states are now the most abundant. (About 143 million pounds or 10 percent over last year's bumper crop.) Large type pecans of the so-called "improved varieties" are the kinds marketed in the shell for home cracking. The smaller pecans produced on native or seedling trees are usually shelled commercially. These shelled nuts are convenient time savers.

Latest crop figures on English walnuts produced in our Pacific Coast States now total about 138 million pounds...making walnuts second to pecans in this year's volume production. Almonds from California are running about 41 million pounds and filberts from the Pacific Northwest (Oregon principally) about 13 million pounds. Almonds are good salted to be eaten "out of hand" or make a special addition to cakes, and coffee cakes. Almond paste, which can be made at home from blanched ground almonds, is the base of macaroons and wonderful in certain types of pastry.

Other domestic tree nuts...black walnuts and hickory nuts are available in some localities. All in all...our domestic supply amounts to about one pound of nut meats for each person in the United States. Since nuts are rich in protein and fat, they are a good food for cold weather...a valuable supplement to the diet during the Christmas period and through the winter months that follow.

.....CHRISTMAS SLEUTHS AT WORK.....



Hula grass skirts, Gorman helmets, rare tropical plants...all are among the unusual gifts our servicemen overseas are sending home. The thought behind those gifts is fine, and the packages bring the sights and experiences of our boys closer to the homefolks. But here is one warning you may want to pass along.

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- Have your listeners who receive gift packages
- from servicemen overseas destroy materials
- which are likely to carry insect pests and
- plant diseases. Once established in this
- country, these pests and diseases could do
- serious harm to our farms, gardens, forests,
- lawns, flower beds and homes.

.....

It's impossible for our quarantine and customs inspectors to examine each package to make certain it's free of plants, unprocessed plant products or packing materials that are carriers of injurious pests. The millions of men and women who serve our country overseas are sending home too vast a volume of gift-mail for wartime personnel to inspect at ports of entry.

At present, the U.S. Army and Navy are cooperating by giving instructions to the men and women as to what plant materials are likely to carry plant pests and should not be mailed home. Censors are cooperating in the enforcement of these instructions. Postal and customs personnel are assisting our plant quarantine inspectors in segregating packages containing plant material. All this is in the interest of bringing home as rapidly as possible...and with safety...all gifts from overseas.

Since it's impossible to check all packages, the folks at home must help protect their farms and homes from foreign diseases. So if the package contains some souvenir in raw unginned cotton, rice straw or hulls, dried grasses or forest litter...perhaps the only packing supplies at the front line...this material should be burned promptly.

When a package containing plants comes in from abroad, it's usually inspected. If passed, the wrapper is stamped "Entry Permitted" or "Inspected And Released" by Bureau of Entomology and Plant Quarantine, United States Department of Agriculture.

If a foreign plant has not been stamped with this mark, the package should be sent to the nearest Bureau of Entomology and Plant Quarantine inspection station. These are located in Hoboken, New Jersey; Laredo, Texas; Seattle, Washington; and San Francisco, California. If the station determines the plant is free of diseases or pests, it will return the package.

Anyone who wants to receive plants, bulbs, roots, and seeds from abroad can follow a simple procedure drawn up by U.S. Department of Agriculture. Just write to the Bureau of Entomology and Plant Quarantine, U.S. Department of Agriculture, 209 River Street, Hoboken, New Jersey, and ask for instructions on how plants should be packaged abroad. These simple official instructions can be sent to servicemen with the request that they follow them.

Only with the cooperation of the folks at home can we help keep out foreign plant pests. In the past, the Japanese beetle, European corn bore, Gypsy moth and cotton bollweevil have come into this country from abroad. These insect pests right now cost us in crop damage at least one hundred million dollars a year.

.....WHY THE SALES CURVE GOES UP.....

Last week in "RADIO ROUND-UP" we said that school lunchroom managers who were buying plentiful foods were helping "build better markets for farmers and the food industry". We've received a couple of letters from broadcasters asking us to expand on that statement.

So here we go again. If every boy and girl got...or could get...a well-balanced lunch at home, the children of the nation would be eating their full quota of agricultural products. However, this noontime Utopia does not exist. For various reasons many children who do not have the advantage of a school lunch program eat noon meals that are not at all adequate. The fact remains that thousands of well-planned lunches will use more fruits, vegetables, milk, meat and other agricultural products than thousands of poorly planned lunches. So, school lunchroom managers who are serving model meals to the children all over the country are using more of the farmer's products than would otherwise be used.

When mothers work they don't have time to shop for and pack nutritious lunches for their children. Children left to get their own lunch would rather play and grab a quick snack. Even when there is an adult to prepare the meal at noon, the lunch may be inadequate. Especially if the person who prepares the meal doesn't know the foods a growing child needs.

In every one of these instances, the farmer has lost a potential market. And the children are even greater losers. When a school serves a noon meal that meets Type A and Type B lunch standards set up by the War-Food Administration, every child who participates is assured from one-third to one-half of his daily food needs....school day in and out.

When you realize that approximately 30,000 schools cooperated in the 1943-44 community Federal School Lunch Program, you can see what is meant by expanding markets for agricultural products. At the same time the schools are seeing the children develop sound food habits that mean health now and in the years to come.

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.....FORECAST: A GREEN CHRISTMAS.....



The Department of Agriculture, Office of Defense Transportation and War Production Board believe that an ample number of Christmas trees will get to roadside stands and markets across the country in time for the holiday trade.

An expected supply of ten to fifteen million trees should provide a selection of "tall & short" for all families calling for this traditional green at Christmas. Foresters are suggesting holding off cutting of the trees until orders are in sight...instead of doing all the actual cutting before demand is determined. The method of marketing Christmas trees will prevent an oversupply and dumping of thousands of trees.

Most of the nation's supply of Christmas trees comes from forest land, though some farms make a speciality of growing conifers for holiday sale. Eastern markets are largely dependent on New England forests, particularly those in Maine. These Eastern forests are almost entirely in hands of private owners. Big cities in the Middle West will get their trees chiefly from the northwoods country or the West...some come from local farm woodlots. The West draws a lot of trees from national forest lands. Trees from these nationally owned forests are marked by the Forest Service and sold under special use permits. The cutting must be done without harm to future forest crops.

Another popular green for Christmas is holly. Holly grown along the Atlantic Coast from Massachusetts south to Florida and along the Gulf Coast to Texas. In the past, cutting of holly has been so extensive especially in the growing region north of Maryland, that the tree is disappearing in this section. This year most of the fresh cut holly will come from the eastern shore of Maryland. The Pacific Northwest gets a major part of its holly from cultivated trees. The State of Washington is rapidly developing the cultivation of the English holly tree for sale as Christmas greens.

As for mistletoe...Oklahoma and Texas provide the main market supply. Mistletoe is a parasite and grows largely on the oak and hackberry trees in these two states.

.....THE SHAPE OF PEANUT BUTTER TO COME.....

After the first of the year most peanut butter manufacturers will be marketing even a smoother, richer-flavored peanut butter.

In the first place, only No. 1 or top grade peanuts will be going into peanut butter. During past seasons, No. 2 grade peanuts were also used. With slightly more peanuts produced than in 1943, early estimates now indicate enough top grade nuts to meet demands for peanut butter manufacturers. The lower grade peanuts will be used to make peanut oil....popular as a salad dressing ingredient and for use in margarine and cooking fats.

Then too, manufacturers are able to get priority on certain types of homogenizing machinery. With this equipment the peanut butter can be so prepared that oil separation will be retarded. Those homemakers who prefer the coarser grind peanut butter will find that variety as well as the creamy or "regular" grind on the market.

Of course, you broadcasters are familiar with the many uses of peanuts and peanut butter...sandwich spreads, salads, desserts, cookies, and meat sauces. They are Group Five foods on the Basic Seven Food Chart because they are rich in both protein and fat and are good meat alternates. Since the protein of peanuts are of good quality, you could stress the idea that they can well occupy a more prominent place in every-day diets. One ounce of peanuts or two tablespoons of peanut butter will provide about a tenth of the day's requirement of protein. Peanuts can also be an important and inexpensive source of thiamine, riboflavin, and niacin. A one-ounce package will supply about a fourth of the day's requirement of niacin.

.....STRAINED SITUATION.....



IT MUST BE STRAINED!

When you tell your listeners to save fat from the holiday fowl or roast for the salvage drive, accent the fact that all used, cooking fat must be strained. At present renderers report pieces of bone and other waste matter are going into the salvage can.

Used kitchen fats go into the common national pool of tallows and greases for use in war industries and for civilians. The manufacture of synthetic rubber, metal working lubricants, munitions and other vital war equipment all require fats and oils.

.....NEWS OF THE NORTHEAST REGION.....

(Cleared by OWI with an "A" essential rating)

CHICKEN DEADLINE.....

At one minute past midnight, on Monday, December 11th, the chicken set-aside order goes into effect. This order will mean that chickens... especially fryers and broilers are going to be far and few between for civilians in this area.

It's extremely important that homemakers understand the reasons for the pending chicken shortage.

We gave you the facts about the order last week...but briefly here's what it's all about.

The Armed Forces face a shortage of 110 million pounds of chicken. According to statements by Quartermaster General E.B. Gregory, Basil O'Connor, Chairman of the American Red Cross, and Captain E.F. Ney, in charge of the of the Subsistence Division of the United State's Navy Bureau of Supplies and Accounts, such a shortage is unthinkable...because chicken, in addition to being a valuable food, is a four-star morale item for men in combat overseas, and men in military hospitals both overseas and here at home.

So, to avert a chicken shortage for our fighters, the War Food Administration has issued a set-aside order, reserving for the Armed Forces all chickens produced or processed in Delaware, and the major chicken-producing counties of Virginia, West Virginia, and Maryland...in other words, the Del-Mar-Va and Shenandoah areas.

The Del-Mar-Va and Shenandoah areas normally supply large quantities of chicken to hotels, restaurants, and markets of the Eastern Seaboard from New York City south to Richmond, Virginia. So the set-aside order means a shortage for civilians along the Seaboard for the next several months. And later on, the order may be broadened to include other areas. It's also important for homemakers to understand the distinction between this set-aside order, which affects only chicken...and prospective supplies of other poultry for holiday dinners.

Storage chickens and chickens produced in other areas are not affected by the order...nor are other types of poultry, such as ducks, geese, squabs, and turkey. From all indications now...there will be enough turkeys to go around for Christmas. So there are some bright spots in the chicken situation. First of all, we know that our fighting men will be getting the chicken they need and deserve...and second...the traditional turkey will be among those present on Christmas day.

FEATURE THESE.....

Here are lists of plentiful fresh fruits and vegetables in major markets in this division. We suggest that you feature these fresh foods when you give meal-planning suggestions to your listeners. This is the twenty-seventh installment of this feature which you'll find in "RADIO ROUND-UP ON FOOD" each week.

Latest wire information from our market news office is the basis for this report. For daily developments during this current week, phone your local market new office.

<u>BOSTON</u>	<u>NEW YORK CITY</u>	<u>PHILADELPHIA</u>
Apples	Apples	Beets
Beets	Snap Beans	Collards
Cabbage	Beets	Hanover Salad
Carrots	Broccoli rabe	Kale
Rutabagas	cabbage	Onions
Spinach	Collards	Sweet Potatoes
Squash	Hanover salad	
Turnips	Kale	
	Leeks	
	Onions	
	Oranges	
	Potatoes	
	Sweet Potatoes	
	Spinach	
	Turnips	
<u>WASHINGTON, D. C.</u>	<u>PITTSBURGH</u>	<u>BALTIMORE</u>
Apple	Apples	Apples
Grapefruit	Beans	Beets
Onions	Cabbage	Kale
Potatoes	Grapefruit	Sweet Potatoes
	Onions	Spinach
	Potatoes	

Comment.....

Most of the markets are well supplied with greens of all kinds for use in salads, or cooked vegetables, or in soup. There are also adequate supplies of cabbage and onions.

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Radio Round-up

on food

Service New York, N.Y., New York
or Directors of Home Forum Programs December 16th, 1944

.....W-H-A-T-'S I-N-S-I-D-E.....

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- THIS IS THE STORY...Of the Army Christmas menu, and how it grew..
-
- DRUMSTICKS FOR G.I.'S...More details about the Chicken Set-Aside
- Order.
-
- POTATOES FOR K.P. DUTY.....Idaho-types for the Army.
-
- BEEFING ABOUT MEAT....."Buying by Grade" is free for you.
-
- THE SHORTEST DAY OF THE YEAR.....A good peg to hang some time-
- saving hints on.
-
- PACKED IN LIKE SARDINES.....Expected canned sardine production.
-
- KID-GLOVE ORANGES...A big crop...for attention right now.
-
- LEMON SITUATION LESS SOUR.....Adequate supplies are on the way.
-
- FLASH BACK ON APPLES.....New method of preserving flavor in
- apple juice...
-
- FOOD FACTS.....Filler Facts for your use.
- **WAR FOOD ADMINISTRATION**.....
- PLENTIFUL FOOD INFORMATION.....In the Northeast Region.
- **Office of Distribution**.....
- FEATURE THESE.....Plentiful fruits and vegetables in the North-
- east Region.
-

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.....THIS IS THE STORY.....



Not of Lili Marlene...but of the Army Christmas menu. It's a story that you, your listeners and the War Food Administration have had a part in. And it's a story that had its beginning months ago.

Take a look at this menu. You'll notice turkey is the main feature. Well, way back in the early spring the Army started buying hen turkeys. And then in July the War Food Administration issued a set-aside order on turkey. Probably you told your listeners that this food order would make it possible for the Army to buy the turkeys they needed and that no turkey would be sold to civilians until the necessary pounds were bought for G.I. holiday dinners.

Of course, this menu is the Army's Master Menu, and it will vary somewhat in different parts of the world. Some of the turkey will be boned and canned...particularly in the countries where it's impractical to ship bulky refrigerated food.

As for the fruits and vegetables...the Army will make every effort to serve them fresh. In this country, the fruit salad on the Christmas menu will be made from fresh oranges, grapefruit, apples, and tangerines. But in camps abroad the salad will be made from canned fruit. Because a certain amount of canned fruit was set aside by the War Food Administration for military purchase...and because your listeners have been doing without the commercially canned fruit they would like to have...the Army cooks will have the canned fruits they need.

An interesting note here is that cargoes of apples and oranges have been sent to the men on the European battle fields this fall, and very possibly more will reach them in time for the finishing touch to the Christmas dinner. And the citrus fruit that is grown in Africa is of excellent quality and popular with our Army stationed there.

Although cranberries were not so plentiful this year, every company will have a share of them...canned, fresh, or dehydrated...to make a little of the tart jelly so popular with turkey. Here again a set-aside order of the War Food Administration comes into the picture...30 percent of the cranberry crop was allotted to the armed forces.

The green vegetables on the menu...asparagus and peas...probably will be canned. In addition there will be whipped Irish potatoes...fresh or dehydrated...and candied sweet potatoes...fresh or canned.

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Sage dressing and hot rolls with butter are almost sure to be served every Army man wherever he may be. Fresh bread is one of the highly prized foods that men in action anticipate and enjoy. The butter was mainly purchased in summer months when milk production was at a seasonal high. In every case, allocations were set up by the War Food Administration so that our Armed Services would be assured of what they need from America's agricultural production.

So you see, months of planning and buying have been behind these dinners. Even the menu was planned about six months ago by the Army dietician at headquarters in Washington. And though men on combat duty may be eating C or K rations Christmas Day, they very likely will eat their turkey dinner as soon as they return from active duty or perhaps before they go.

Roast Turkey	Sage dressing
Giblet Gravy	Cranberry Sauce
Snowflake potatoes	Candied Sweet Potatoes
green peas	Asparagus
Fresh fruit salad with mayonnaise	
celery	pickles
Hot rolls	Butter
Hot Mincemeat Pie	Ice cream
	coffee
candy	fruit
	nuts

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.....DRUMSTICKS FOR G.I.'s.....

Every country has a dish that means "special treat". In America, chicken dinners mean Sunday feasts or a more fancy menu when friends and relatives come to visit. Because of these associations, the Army considers chicken a morale food for our fighting men and women.

The Armed Forces now face a shortage of 110 million pounds of chicken in the first months of 1945. To enable them to have the chicken they need, the War Food Administration issued a war food order (effective December 11th) which reserves all the chicken produced in the Del-Mar-Va peninsula for the Armed Forces. This means that every chicken produced or processed in the important poultry areas of Delaware, Maryland, Virginia and West Virginia must first be offered for army purchase. Chickens that do not meet army specifications are not subject to further restrictions and the owner may sell them when and where he wishes.

If you're wondering why this section of the country was chosen instead of some other section, here is the answer. The Delaware, Maryland, Virginia and West Virginia area is one of the few poultry areas in the country where chickens are raised in great number for sale at the fryer and broiler stage. In other poultry sections, flocks are raised not only for meat supplies but for eggs. If the chicken are not to be kept as layers, they are sold off in the summer and fall months. Right now fryers and broilers are the types the Army wants. And in other than these few commercial broiler areas, poultry marketing is at a seasonal low.

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So until the necessary chickens are purchased by the Army, consumers from New York City to Richmond, Virginia will find chickens....especially broilers and fryers...few and far between during the next several months.

Storage chickensand chickens produced in other areas are not subject to the order. Neither are other types of poultry...such as duck, turkey, geese or squabs. The order will be terminated as soon as possible. And if necessary other areas may be named to supply chicken for Armed Forces needs.

It's true, the stocks of poultry in storage for the whole country are now well over 200 million pounds. The Army owns a small part of this supply, but the balance is not packed suitable for Army export shipment and therefore this poultry will be available to civilians .

.....POTATOES FOR KP DUTY.....

When your listeners begin to notice a shortage of the long, Idaho-type of potatoes, you may want to explain where the supply is going.

Since December 11th, all shippers who buy and sell potatoes grown in the heavy producing counties of Oregon, Idaho, and California have been required by a recent War Food Order to offer their stocks to Government buyers before making deliveries elsewhere. These potatoes are needed to meet military needs both in this country and abroad, but particularly in the Pacific fighting zone where the Armed Forces are expanding rapidly. The order

was necessary because the Quartermaster Corps has had difficulty in obtaining supplies of potatoes in the quantity and quality they need on the open market.

The potatoes from the western areas designated are of good keeping quality and especially suitable for export use. It follows in line of economy of transportation that these western areas be chosen because they are near ports where shipment will be made to the Pacific front. Then too, a certain percentage of the dehydration plants are in the western region.

Supplies of the potatoes from these designated areas not required to meet military needs will be released into civilian trade channels.

The nation's 1944 potato crop is some 25 million bushels above the 10 year (1933--42) average production. And Maine alone has 40 percent of the 1944 supplies not yet sold in commercial trade channels.



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.....BEEFING ABOUT MEAT.....

You've been hearing a great deal about meat grading these days...how to distinguish the ration-free Utility grade beef from the choice, good and commercial grades that require points. We covered the subject of grades in the June 17th issue of "RADIO ROUND-UP". If you could use further information there is a leaflet published by the U .S. Department of Agriculture called, "Buying By Grade". It is free to broadcasters on request. Just write to MARKETING REPORTS DIVISION, OFFICE OF DISTRIBUTION, WAR FOOD ADMINISTRATION, 150 BROADWAY, NEW YORK CITY, 7, NEW YORK.

.....THE SHORTEST DAY OF THE YEAR.....



SHORT ON

COOKING
TIME

LONG ON

Here's a tip for this week.....December 21st is the shortest day of the year. You may want to hang some time-saving hints in this angle. Speed up ideas, such as shredding cabbage for quick cooking, using the absolute minimum of water and having the water boiling to start with, then keeping cooking time short.

VITAMINS Probably you have a file full of similar hints.

.....PACKED IN LIKE SARDINES.....

They look like sardines and they taste like sardines...No pilchards caught off the coast of California are marketed under the trade name of sardines. This year, pilchards, or California sardines, are one of the nation's biggest fish catches. The expected canned production will be nearly 3 and a half million cases. That's a "whale" of a lot of sardines when you realize how many of the "little uns" are packed into one tin.

The heavy landings in October and November swamped canneries. Fish meal and oil plants were also worked to capacity. Fish meal by the way, is used for poultry mash and fertilizer and fish oil goes into the national pool of greases and tallows.

Since sardines are in heavy demand for overseas shipment, every possible pound is canned. War requirements will take 55 percent of this year's pack, leaving 45 percent for civilians. This civilian quota will make an important contribution to the supply of canned fish available to the folks at home. Owing to war needs, the civilian supply of other canned fish, especially salmon is below normal.

.....KID-GLOVE ORANGES.....

That's the name sometimes tagged to tangerines because the skin peels off readily...and if you know the trick...all in one piece. So tangerines are ideal in the fruit bowl for dessert or between meal snacks. No loose juice to make your fingers sticky, and the sections come apart easily.

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Right now these relatives of the citrus family are plentiful in most of the nation's markets. Even with the hurricane loss the tangerine crop is one of the biggest ever. The all high record was set in the 1942--'43 season. Practically our entire commercial production comes from Florida. But tangerines have a short season...they're mostly gone by March. So, you'll want to call your listeners attention to tangerines while they last.

Not only are tangerines easy to eat, but they're good for you. They don't have quite the amount of Vitamin C as oranges and grapefruit. But they beat their relatives in Vitamin A...that vitamin which helps prevent night blindness and builds up a resistance to infection.

And if you want a bit of romantic history in your copy...you can point out that tangerines were known several thousand years ago. Way back in 4000 B.C. in China, they were so precious only the wealthy could buy them. The fact that today they are also known as mandarin oranges, shows their oriental origin. Our grandfathers were not as familiar with tangerines as most of us are today...it was about 75 years ago that this fruit was first planted in the United States.

Tangerines are popular in the army. However, one mess sergeant reported that when he first served tangerines at the table a lot of the boys passed them up. Then he took to leaving a crate open outside the mess hall. He noticed the boys then made a special trip to go by the box and help themselves. Possibly they thought they were getting a taste of forbidden fruit. At any rate, tangerines are mighty well liked in that camp now...so the story goes.

.....LEMON SITUATION LESS SOUR.....

We touched on the lemon shortage in a November issue of "ROUND-UP". At that time we explained heavy demands had exhausted the storage supply and it was a little previous for the new harvest. Now the new crop is starting to market. Perhaps your listeners won't notice any great increase in volume for a couple of weeks. But you'll be able to forecast that adequate supplies are on the way.

.....FLASH BACK ON APPLES.....

When you're telling about the available supply of apples on the market, you may want to mention a new method for preserving apple juice..."flash" pasteurization.

Scientists at the New York State Experiment station who work on improving fruit juices say that apple juice...they object to calling it cider...can best be preserved by "flash pasteurization". This means the cans or bottles of juice are held one minute after filling at 170 to 175 degrees Fahrenheit. Next they are inverted for three minutes...then cooled rapidly. This method saves the original aroma and flavor of freshly pressed apple juice.

FEATURE THESE.....

Here are lists of plentiful fresh fruits and vegetables in major markets in this Northeast Region. We suggest that you feature these fresh foods when you give meal-planning suggestions to your listeners. This is the twenty-eighth installment of this feature which you'll find in "RADIO ROUND-UP ON FOOD" each week.

Latest wire information from our market news office is the basis for this report. For daily developments during this current week, phone your local market news office.

<u>BOSTON</u>	<u>NEW YORK CITY</u>	<u>PHILADELPHIA</u>
Apples	Apples	Apples
Beets	Beets	Beets
Carrots	Carrots	Cabbage
Spinach	Collards	Carrots
Squash	Hanover Salad	Collards
Turnips	Kale	Kale
	Onions	Rutabagas
	Sweet Potatoes	Spinach
	Turnips	Turnips
	Turnip greens	Turnip tops
<u>WASHINGTON, D.C.</u>	<u>PITTSBURGH</u>	<u>BALTIMORE</u>
Apples	Cabbage	Beans
Beans	Carrots	Cabbage
Oranges	Grapefruit	Carrots
Potatoes	Limes	Onions
	Oranges	Oranges
	Rhubarb	Sweet Potatoes
		Spinach

Comment.....

Most of the citrus fruits, except lemons, are in good supply. They are particularly appropriate for the holidays, for they are festive as well as healthful. Remember the orange in your Christmas stocking?

.....NEWS OF THE NORTHEAST REGION.....

(Cleared by OWI with an "A" essential rating)

FOOD FACTS ABOUT.....

ONIONS.....Many beautiful types of lilies belong to the onion family...and so do asparagus and smilax.

PEANUTS.....Although some people think of Africa as the home of peanuts, they really came from Brazil. According to one story, they were taken from Brazil to Africa, and then shipped to the United States. Their introduction to the United States as a food was accidental. Peanuts were loaded as ballast on a slave ship. When the ship arrived here the slaves were in noticeably better health than the crew. This was attributed to the slaves eating the peanuts in the hold...and so peanuts were here to stay...as a food.

HONEY.....The Greeks had a word for daughter-in-law trouble.....and the word was HONEY. The groom's mother gave a jar of it to the bride so her words would always be as sweet as honey.

PLENTIFUL FOOD INFORMATION.....

The foods listed below are expected to be plentiful throughout the Northeast Region in general for the month of January. Your mention of these foods on your programs will help encourage wise use of the wartime food supply.

FRESH FRUITS AND VEGETABLES

OTHER FOODS

Apples (especially lower grades)	!	Eggs
Onions	!	Frozen vegetables and frozen baked beans*
Beets	!	Dry mix and dehydrated soups
White Potatoes (small size only)	!	Soya flour, grits, and flakes
Winter squash	!	Peanut butter
Turnips and rutabagas	!	Citrus marmalade
Other products in local abundance	!	Jams (except berry varieties), jellies, and apple butter
	!	Wheat flour and bread
	!	Macaroni, spaghetti, noodles,
	!	Oatmeal

(NOTE).....* Where there are facilities for handling frozen products.

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Radio Round-up

on food

A Service
For Directors of Home Forum Programs

New York, 7, New York
December 23, 1944

...W.H-A-T-'-S I-N-S-I-D-E.....

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- RING OUT THE OLD YEAR.....With a championship record for American agriculture.
- CHEESE FOR JANUARY.....At the same level as the last two months.
- WITHSTANDING A STARE....."Continuous inspection" and all about it.
- NOW WITH HARMLESS SHELLS.....German prisoners of war sort peanuts.
- FRESH FOODS FOR A FRESH LOOK.....Don't forget fresh vegetables in winter meals.
- YEAST RISES TO THE OCCASION.....Different types of yeast, their uses and availability.
- UNCLE SAM'S GUEST HOUSE.....Geared to wartime food conditions.
- THE DAY AFTER.....Leftovers from Christmas dinner.
- FEATURE THESE.....Plentiful fruits and vegetables in the Northeast Region.
-

WAR FOOD ADMINISTRATION
Office of Distribution

.....RING OUT THE OLD YEAR.....



When the scores for 1944 are added up, American agriculture will have a tally in the championship class.

According to the last monthly crop report issued by the U.S. Department of Agriculture, record after record was broken. Put down first the long hours of labor that piled up the harvest. There were fewer skilled men on the farms than in any year since we entered the war. Only power equipment, long hours of labor and peak-season helpers saved the situation.

The CHAMP. Despite limited or inexperienced labor and despite growing conditions in some localities much less favorable than in 1942, the crop production in 1944 about equaled the all-time record of two years ago. And it is six percent above last year.

Practically all groups of crops shared in the large production. Totals for grains, fruits, nuts, and commercial vegetables were way out in the lead. Here are some of the yield figures. Corn production now estimated at over 3,228 million bushels shatters all previous records...or 97 million bushels over that 1942 gage. The nation's largest wheat crop in history stands at well over a billion bushels. This is 70 million bushels larger than in 1915...the highest previous record and also due to war demands. Oats production climbed to over 1,166 million bushels which is three percent over last year.

Rice production rose to 70 million bushels to exceed all previous records. Fortunate too because this country is now shipping rice to countries that used to depend on Burma, Thailand, and Indo-China for their supplies. Besides continuing average civilian allotments, our rice continues to go to Cuba, Puerto Rico and Hawaii...regular customers before the war. New outlets since the war are the United Kingdom, Russia, West Africa, Greece and France.

This year's production of peanuts, soybeans, tobacco and hay and forage have each been exceeded but few times. Tobacco production in 1944 is estimated at over a billion and a half pounds. This is nearly a third larger than last year and only two percent less than the 1939 record. There is however a larger share of tobacco going into cigarettes...27 percent over 1943. But of course the tobacco used to make cigarettes is aged for varying periods of time, normally about two years.

The cotton crop was only about average though adequate to meet present conditions. One thing though, the fiber yield per acre, 295 pounds, is 23 pounds above the previous all-time record in 1942. This, even though the average harvested is the smallest in almost fifty years.

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Potatoes and sweet potatoes will provide about the usual per capita supply. A large part of this crop will go for war requirements. Production of sugar and sirup crops as a group were below average chiefly because sugar beet plantings continued on a low scale.....

Although there are some local shortages of feed and hay, Americans start the new year with a larder that looks well for our Army, civilians, and Allies.

...CHEESE FOR JANUARY...

When you are suggesting a dish that calls for the use of cheese, you can count on the same supply on the market as was available during November and December. Civilian supplies of cheddar in January are expected to be at the level held in these two months....approximately 34 million pounds.

Good news though is that this supply is 10 percent larger than in January 1944. Manufacturers of cheddar cheese are only required to set aside 25 percent of their January production for Government purchase. A year ago it was 30 percent for the same month.

Military and Lend-Lease requirements for cheese are expected to remain high so the set-aside program will continue. But as in the past, monthly quotas for Government purchase will be adapted to seasonal changes in production.

.....WITHSTANDING A STARE.....



Food packed under continuous inspection of the U.S. Department of Agriculture really gets the "eye".. It must withstand a long stare from Uncle Sam's men and women in white. But here's the story.

SO FIRM
SO ROUND
SO FULLY PACKED

"Continuous" inspection of canned fruits and vegetables was started by the U.S. Department of Agriculture in 1939. But the canneries themselves must request and pay for this service. It started as an experiment with one processor back in 1939. But an official check the past month revealed that 72 plants across the country had continuous inspection for the 1944 canning season.

In the first place, a plant that wants "continuous inspection" service must have clean working rooms with proper ventilation. Then there must be well-arranged working equipment and good facilities for disposing of waste.

When we say "continuous inspection", we mean tests start from the time produce is brought into the canner's receiving station until it is ready to

leave for the grocery shelf. Fresh-food inspectors may check the fruits or vegetables as they are delivered at the cannery receiving platform. Then processed-food inspectors follow the fruit or vegetables through the plant. These inspectors are highly trained food specialists. About half of them are women and they work in 50 laboratories across the country. Inspectors best fitted by experience to observe plant operations are assigned from the laboratories to work in plants desiring continuous inspection

These processed-food inspectors watch the preparation, cooking and filling of the containers. This means checking everything from the washing and peeling of a fruit to checking on instruments that control temperature and canning pressure. It means the inspectors take sample cans from the finished lot to the canner's laboratory for further analysis and scoring. Here the cans are opened and inspected for such things as ripeness and color, careful workmanship, removal of blemishes, acid or sugar content, size and maturity.

How can you tell if canned food has been packed under "continuous inspection"? Well each container bears an official shield stamped on one end. The label, too, often bears the words "Packed under continuous inspection of the U.S. Department of Agriculture."

.....NOW WITH HARMLESS SHELLS.....

German prisoners of war are helping sort peanuts for quality and grade in Georgia, Florida, Alabama, North Carolina, and Virginia where the crop is grown.

The final grading of peanuts in the mills is done by hand. This is done to make sure that the public gets only the best peanuts from the crop. This year there was close to a record peanut crop, and mill operations fell behind schedule because of a shortage of labor. The use of German prisoners of war has done much to relieve the labor problem.

Reports to the War Food Administration say that when the men were first brought to work they were slow. They were entirely unfamiliar with peanut sorting and selection. The prisoners quickly improved with practice, and when put on a piece-work schedule could finish in six hours what was considered a good stint for an eight-hour day.

.....FRESH FOODS FOR A FRESH LOOK.....

"Something old, something new" starts the bride-to-be on her trousseau attire. Well, "something cooked, something served in fresh form" is a good thing to remember for winter meals.

Of course, cold weather calls for fuel and energy producing foods. And fortunately the majority of people instinctively eat the amount of calorie foods they need. Otherwise there would be more overweight and underweight people than there are now.

Many homemakers are now following the Basic Seven Food Chart when they plan their meals. This means, among other things, they see that their families are served vegetables and fruits twice a day. But in winter they tend to neglect the importance of seeing that "fresh" fruits and vegetables are served.

Vitamins are "protective" food values...they help prevent infections and build up a resistance to colds. Those vitamins supplied in fruits and vegetables are best maintained in the fresh product. So urge your listeners to serve some fresh green and yellow vegetable or a fresh fruit at winter meals. You might suggest crisp green salads, cabbage slaw, carrot strips, apple and citrus fruit salads...all with vitamin freshness.

.....YEAST RISES TO THE OCCASION.....

It's very easy to take the ordinary things of life for granted. Most of us don't even think about the importance of many of the ingredients that make up our popular foods. Yeast is such a small component of a loaf of bread that we're likely to accept it without thinking.

In fact, this happened to the people in a small South Dakota town several winters ago. They had a terrible blizzard which kept them snowbound for about a month. During that time they had to eat only the foods that were available in the town because all contacts to the outside world were cut off. They managed very well with everything except bread. The town baker ran out of yeast. It was then that the townspeople realized the importance of this minute ingredient of many bakery products. Because yeast was so vital, the people called out of town, and had an airplane drop cakes of yeast on a flight over the town.

You might explain to your listeners that the small packages of yeast they buy in their grocery stores are known as compressed yeast. We have an adequate supply of this kind of yeast to meet all the existing demands for it. Yeast is a microscopic plant which is grown on a solution of beet molasses and cane molasses. The proportion of cane molasses varies with each yeast maker. Every maker has a strain of yeast all his own to give his product individual characteristics. Nutrient salts are added to the mixture of beet and cane molasses to make the yeast grow properly. Air is blown through the mixture and the yeast is drawn off. Then the yeast is put in a machine similar to a cream separator and washed to get rid of any trace of molasses. The next step is to put the yeast through a filter press in order to get out as much water as possible. The last thing done to the yeast is pressing it into either small blocks for homemakers to buy, or the large one-pound size for bakers.

Some homemakers need to be reminded that this kind of yeast must be kept under refrigeration all the time. If it is left at room temperature, its baking qualities are reduced and it becomes moldy.

There is a kind of yeast that does not have to be kept in the refrigerator. This is a compressed yeast that has been dried at such low temperatures that it is not killed. The final product is a brownish yellow granular material that can be used the same as compressed yeast. It is known as active dry yeast. This type of yeast has been set aside for military and Lend-Lease purposes so homemakers probably won't be able to buy any for quite a while.

A third type is known as brewer's yeast. As the name applies, it is a by-product of the brewing industry. Formerly, this was not used at all, but during the early part of the war, an effort was made to recover it. Now large amounts are being recovered, dried, and used for animal feeds. It is also being used for foods but before it can be utilized for this purpose, the bitter flavor must be removed. This is done by carefully washing it with an alkaline solution.

Primary grown yeast is also a by-product of the brewing industry. In this process, the bitter yeast is put back on the molasses and grown. It is a food yeast, used in making pills, yeast extracts, etc.

.....UNCLE SAM'S GUEST HOUSE.....

Many homemakers are still in the midst of their holiday entertaining. And perhaps they are even a bit tired of getting ready for guests. A comparison of their problems with the problems of Uncle Sam's hostess might be cheering by contrast.

Blair House is the mansion in Washington where our Government entertains high officials from other nations. Mrs. Victoria Geaney, the housekeeper, not only has to be sure the guests are in exactly the right place at the table, but she has to check on the habits and customs of each guest.

When Uncle Sam expects a high official from another government, the State Department calls the Blair House and tells Mrs. Geaney who is coming, where he's from and all about it. Mrs. Geaney immediately reads up on the likes and food customs of that country, and of course the Protocol men in the State Department are ready with advice too.

Although Mrs. Geaney entertains for some of the most famous people in the world, she's still a thrifty housekeeper. Her staff prepares leftovers in attractive ways. She says that casseroles with unusual sauces seem to be all around favorites. So that all fat can be salvaged, the excess is cut from the meat before it goes to the table. And the chef knows all the tricks of the trade when it comes to food conservation.

There is no waste in the well-organized kitchen at Blair House...all entertaining is geared to war.

...NEWS OF THE NORTHEAST REGION.....

(Cleared by OWI with an "A" essential rating)

THE DAY AFTER.....

The day after...and in fact, for several days after Xmas, homemakers will have the problem of making leftovers appetizing so that the family will enjoy everything...from warmed over turkey...to soup. Here's a list of ideas which we hope will solve the problem.

First, of course, there's leftover turkey, or other poultry. It's wise to remember that cooked poultry doesn't keep very well. It should be cooled quickly and stored in the refrigerator. Then it can be used in a variety of ways. For example:

COLD.... Diced in salads; Sliced in sandwiches; On cold cut plates; Or jellied.

HOT..... Creamed; In a savory pie; In croquettes; In a baked loaf; Timbales; In chop suey; Curried; Or panfried (in fat and breadcrumbs or flour).

Next, there's the problem of what to do with the giblets...and with the bony pieces of poultry that nobody wants to eat as is. The giblets can be stewed until they're tender, chopped fine, and used in gravy...or braised with mushrooms, other vegetables and seasoning. Or they could be sauteed...chopped fine, with added seasoning and flour. They can be added to leftover cooked poultry and pan-fried in flour and fat. To make a gravy, add milk.

The bony pieces can be used to make soup or fricasee...they're delicious that way...or stewed with the giblets. To make soup, cook the neck, wings, feet, and other pieces until the meat drops off the bones. For consommé, clarify with crushed egg shell and beaten white of egg. For noodle soup, add noodles, vegetables, and chopped cooked fowl.

Another problem that sets in after holiday dinners is.....leftover bread. Day-old bread can be used for Melba toast, egg toast (using medium-cost, Grade B eggs, of course) or sandwiches. Bread that's two or three days old can be used to prepare breadcrumbs for future use. Cut the loaf in half and shred the inside with a fork. Pull the pieces apart with the fingers, until the crumbs are even and fine. Store the crumbs in a covered container in a cool place. Sliced bread can be used to make crumbs, too. Allow the slices to become hard, then rub one slice against another...or rub it against a grater. Then store the crumbs in a cool place, in a covered container.

As for leftover vegetables...which shouldn't be wasted...serve them cold and sliced in salads...or use them in meat pies and stews. The water in which vegetables have been cooked is full of good food value. Store it in a covered container in the refrigerator. With proper seasoning, it makes a delicious cold cocktail...and you can use it in soups...gravies...and sauces.

Cold stuffing isn't the most appetizing of dishes...so use it these appetizing ways:

If it's bread stuffing, it's delicious made into cakes and fried or browned in the oven...and it can be used instead of bread crumbs in croquettes, meat loaf and baked vegetable dishes. Rice stuffing can be used as Spanish rice...or in a casserole dish. Potato stuffing can be reheated by steaming and used as is...or made into pancakes by adding a proportionate amount of egg...and used as a topping for meat pie, it's both practical and delicious.

Leftover desserts can be used in practical ways, too. For instance, if cake is getting staled...toast it, or serve it with fruit sauce. Stale cakes and cookies can be made into crumbs and used as the base for a pudding.

Shelled nuts should be covered and kept in the icebox because of their high fat content. Nuts in the shell should be kept in a cold, dry, dark place.

And here's a very important leftover...one that should be treated with special care...That's fat. Remember these rules about it:

First...careful regulation of temperature is very important in cooking with fat...in order to prevent the smoking (decomposition) which usually imparts a bitter flavor to the food, and which makes the fat unfit for uses.

Fat to be stored should be strained first and stored in the refrigerator.

Any excess fat to be removed before cooking should be rendered and placed in a covered container stored in the refrigerator.

Drippings from the roast or skimmed fat from broth should be strained and placed in the same container as above.

Newly collected fat can be added to other fat if the latter is fresh.

Save fat used for deep-fat frying. Strain and store in the refrigerator. Slices of raw potato cooked in the fat will absorb strong flavors of foods previously cooked in it.

Use this saved fat instead of butter to "butter" bread crumbs, to flavor vegetables, and in making cookies, pastries, biscuits and waffles...to enrich lean meats...to melt in baked potatoes, and for pan-frying vegetables. Rendered poultry fat makes an especially delicious spread.

FINALLY...Any fat which can't be used for cooking or eating should be strained and placed in the fat salvage container.

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Apples	Apples	Apples
Beets	Beets	Beets
Cabbage	Cabbage	Collards
Carrots	Grapefruit	Grapefruit
Grapefruit	Onions	Hanover salad
Oranges	Oranges	Kale
Spinach	Potatoes	Onions
Squash	Rutabaga	Oranges
Tangerines	Spinach	Sweet Potatoes
	Sweet Potatoes	Tangerines
	Tangerines	
<u>WASHINGTON, D.C.</u>	<u>PITTSBURGH</u>	<u>BALTIMORE</u>
Apples	Apples	Apples
Beets	Cabbage	Beets
Grapefruit	Grapefruit	Grapefruit
Onions	Onions	Greens
Oranges	Oranges	Oranges
Potatoes	Potatoes	Potatoes
	Rutabagas	Onions
	Tangerines	Spinach
		Sweet Potatoes
		Tangerines

Comments.....

Onions are plentiful in these markets, right on the spot to add zest to holiday meals. Greens of all kinds are still on hand for soups and salads; and you will notice a plenty of citrus fruits which will add color and flavor to a Merry Christmas and Happy New Year.

1. The first part of the paper is devoted to a general discussion of the problem.

2. In the second part, we consider the case of a single particle.

3. The third part is devoted to the case of a system of particles.

4. In the fourth part, we consider the case of a continuous medium.

5. The fifth part is devoted to the case of a system of continuous media.

6. In the sixth part, we consider the case of a system of continuous media.

7. The seventh part is devoted to the case of a system of continuous media.

8. In the eighth part, we consider the case of a system of continuous media.

9. The ninth part is devoted to the case of a system of continuous media.

10. In the tenth part, we consider the case of a system of continuous media.

11. The eleventh part is devoted to the case of a system of continuous media.

12. In the twelfth part, we consider the case of a system of continuous media.

13. The thirteenth part is devoted to the case of a system of continuous media.

14. In the fourteenth part, we consider the case of a system of continuous media.

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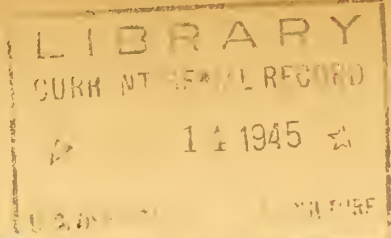
11. The eleventh part is devoted to the case of a system of continuous media.

12. In the twelfth part, we consider the case of a system of continuous media.

13. The thirteenth part is devoted to the case of a system of continuous media.

14. In the fourteenth part, we consider the case of a system of continuous media.

15. The fifteenth part is devoted to the case of a system of continuous media.



Radio Round-up

on food

A Service
For Directors of Home Forum Programs

New York, 7, New York,
December 30th, 1944

.....W-H-A-T-'S I-N-S-I-D-E.....

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R

MEATS BACK IN THE "RED".....Explaining ration changes.

BUTTER "FLIES" FROM THE MARKET.....The story behind recent point changes.

POINTERS ON CANNED VEGETABLES.....Why they're on again after being off the rationed list.

MORE ABOUT "LESS".....Behind the scenes with the sugar situation.

IN THE SPICE BAG.....Spice supplies up-to-date.

CUT AND DRIED OPINIONS....Dehydrated vegetables popular? Read and find out.

ALL DAY COFFEE DRINKERS.....How the coffee tasters function.

JUST A REMINDER.....On point budgeting, and how fat salvage can help.

FOOD FACTS.....Filler facts for your use.

FEATURE THESE.....Plentiful fruits and vegetables in the Northeast

WAR FOOD ADMINISTRATION
Office of Distribution

.....MEATS BACK IN THE "RED".....

Homemakers who haven't been able to find bacon and some other kinds of meats in their markets should be glad to hear of the recent change in the "red" ration list. One of the reasons for the shortages of certain kinds of meat was a mal-distribution of these cuts. The meat has not been shared equitably between meat producing and non-producing areas. By putting these meats back on the ration list, it is hoped that there will be a much more even supply of meat throughout the country.

Of course, the mal-distribution of meat wasn't the only reason for the shortage. Even though there was an increased production of meat in the United States in 1944, the demands for our meat have increased during the year. More meat is needed for military uses while the increased incomes have pushed the civilian demand for meat far ahead of the supply.

The prospects for 1945 are not brighter for civilians. For the first quarter of 1945, civilians will be allotted about fifteen percent less of all kinds of meat than they received during the last three months of 1944. This allotment by the War Food Administration means that each civilian will average about 127 pounds of meat for the entire year. This is about the same as the 1935--1939 average, but only about three-fourths of what their high purchasing power would enable people to buy if rationing were not in effect.

.....BUTTER "FLEES" FROM THE MARKET.....

Butter as you well know, has hit a new war toll of twenty-four ration points a pound. The meaning is quite clear...the supply is very low and demand high. Here is the story that led up to the recent point change.

In spite of the present butter situation, there were near record supplies of milk this past year. Fluid milk production in 1944 was almost as high as in the peak dairy year of 1942. In contrast, butter production for the year fell below both 1943 and pre-war (1935--39) levels...in fact to the lowest level in about twenty years. Why wasn't more butter made? Well, the additional milk produced was drained off in the form of fluid milk by civilians and by military and Lend-Lease requirements for cheddar cheese and milk...fresh, condensed, dried, and evaporated.

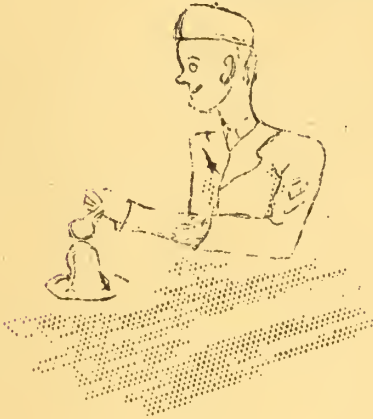
We began with a small butter production and we shared it. Of the amount made, 80 out of every hundred pounds produced during the year went to civilians...15 pounds went to our military forces and the remaining 5 pounds went to Lend-Lease...mostly the Russian Army and their hospitals. In other words, 95 percent of our butter was for American use.

That 80 percent of the supply for civilians should have meant one pound a month per capita. But this does not tell the whole story. Farm families, producing their own butter, customarily use more than the average family. This reduced the share for non-farm families a bit more than three ounces.

...3...

Restaurants, institutions and industrial users also took a slice out of the amount for home use...a bit less than three ounces. With these six ounces removed, the average share for urban users averaged ten ounces a month. Total unrationed civilian demands for butter today would probably be far more than the 16 to 18 pounds per capita consumed in pre-war years.

.....WHERE DID THE REST OF THE MILK GO?.....



Civilians on an average drank 160 quarts of milk in 1944 as compared with 126 quarts in the pre-war (1935--39* period. This great and expanded consumption of fluid milk has been permitted and encouraged by the Government. Milk provides many civilians with nourishment not readily obtained in other forms. It is also an economical food. And even if fluid milk sales had been limited to the 1935--39 level, there would still be only about four-fifths as much butter for civilians as they used before the war. Military and Lend-Lease requirements for butter would still need to be filled.

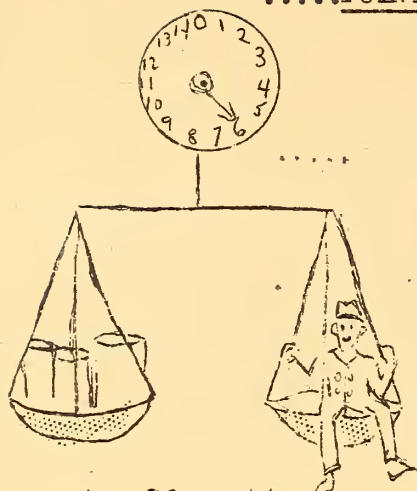
Nor can we overlook the need for other dairy products. Milk...dried, condensed and evaporated...and also in the form of cheddar cheese is vital to our soldiers and Allies. These foods are nutritious, easily stored, and shipped.

Ice cream production also takes a large share of the milk supply.... especially for the Armed Forces. The civilian supply of ice cream is taking only 65 percent of the cream used in June 1943. Civilian use of some other dairy products have also been limited to divert milk to more essential products. Retail sales of whipping cream have been prohibited and sales of light cream have been limited to 75 percent of the June 1943 level. Cheese, other than cheddar, is limited to the amount made in 1942.

....BUTTER SUPPLIES FOR 1945.....

How much butter will there be in 1945? Well, milk production is expected to be near the 1944 level. The rationing of butter and the extent of Government requirements of dairy products, the use of ice cream and the demand for fluid milk as well as price factors will be weighed when producers decide whether to market butter or cheese or whole milk in one of its several forms.

.....POINTERS ON CANNED VEGETABLES.....



6 pounds; per soldier; per day

Why the off-again on-again rationing of many of our canned vegetables? In September when the War Food Administration ordered seventeen major items of canned vegetables, fruit juices, and spreads removed from rationing, there was a general optimism about the conclusion of the war in Europe.

At that time it was anticipated that with Victory in Europe part of the food set aside for the Army might be released for civilian use.

In view of the present state of military operations in Europe and the stepped-up offensive in the Pacific, there is little likelihood of relief for civilians through early releases of military food stocks. The more troops overseas, the greater demand for processed foods. We now have 5 million troops overseas. Also ships at sea require large quantities of processed foods. During combat operations the troops use "K" and "D" rations. When they get relief, they return to a regular, full-rounded diet. About sixty-five pounds of supplies of all kinds are needed for each soldier overseas every day. Nearly ten percent of this total is food...or an average for all theaters of operation of six pounds of food for each soldier every day. Nor is it the Army policy to draw on food stocks of liberated or conquered territory. Except for certain supplementary items, such as fresh fruits and vegetables, all food is carted in over the beaches and through the ports, up the long supply lines to the front.

Most processed foods, especially vegetables and fruits, are produced seasonally. With most seasonal packs now complete and military and other Government requirements known, we must assure the best distribution of available civilian supplies until the next pack comes in.

.....MORE ABOUT "LESS".....

Stocks of sugar in the United States are at a record low for this time of the year. Here are a few of the reasons:

The outbreak of the war cut off some of our most valuable sugar imports, and shipping space was limited from the countries where we could get sugar. On top of this, sugar beet crops in this country have been short during 1943 and 1944. In addition, sugar was used in many different ways. During the past year, large quantities had to be used in the production of industrial alcohol for synthetic rubber and munitions. As more of our men went into the Armed Forces, more sugar was needed because they consumed more sugar as servicemen than as civilians. With record fruit crops, large quantities of sugar went for industrial and home canning. Also the civilian demand for foods containing sugar increased with rising incomes.

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CURRENT SERIAL RECORD
SEP 12 1944
U.S. DEPARTMENT OF AGRICULTURE

Radio Round-up

on food

A Service
For Directors of Home Forum Programs

New York, 7, New York
July 22nd, 1944

.....I-N-D-E-X.....

(January 1, 1944 -- June 24, 1944)

(26 issues)

As a result of requests from Directors of Women's Radio Programs, we are inaugurating this index, which will be issued every six months from now on. We hope that it will be useful, and we'd like to hear from you if you have any more suggestions of this nature.

.....I-N-D-E-X.....

---A---

ABUNDANT FOODS

- 3/4 --- These Are Abundant
- 3/25 --- Take Advantage of Abundant Food
- 5/6 --- Current Abundance Temporary
- 4/29 --- Cheerful Little Earful

ANNIVERSARY

- 6/3 --- Radio Round-Up is Two Years Old

WAR FOOD ADMINISTRATION
Office of Distribution

---A---

(continued)

ARMED FORCES

- 2/19 --- G.I. Meal Testers
- 4/1 --- Peas Porridge Hot (cooking Army style)
- 4/15 --- More About The Boys (food served to servicemen overseas)
- 6/10 --- The Army Does A Food Job

--A--
(continued)

ASPARAGUS

4/8 --- It's Good Old Asparagus
Time

--B--

BAKING POWDER

1/15 --- Something New Has Been
Added (calcium
(carbonate)

BASIC SEVEN

3/25 --- Basic Seven Foods in The
Slav Diet

BEANS

1/1 --- Our National Bean Bag Is
Big
1/8 --- P.S. To The Bean Story
(More pork and beans
(released to civilians)
1/29 --- Introduction Please
(frozen baked beans)
2/5 --- Baked beans--20th Century
Style
2/12 --- Wax Eloquent About Beans

BEETS

4/15 --- Let's Eat More Beets
4/22 --- First Aid For Bleeding
Beets (keep the color
(when cooking beets)
4/29 --- Can you "Beet" it? (odd
(facts about beets)

BELTSVILLE RESEARCH

3/11 --- Nothing But The Best

BUREAU OF HUMAN NUTRITION AND HOME
ECONOMICS

5/20 --- Hail to the Chief of the
BENHE

--B--
(continued)

BUTTER

2/5 --- Butter Allocations
3/11 --- "Butter" Get it Straight
3/18 --- A Bit About Butter

--C--

CABBAGE

1/29 --- Making Plans For The Cabbage
Crop
2/12 --- Cabbage- By The Carload
2/19 --- Cabbage Stowaway

CANNED FOODS

1/1 --- Liberated Canned Goods
(peaches and apples)
1/1 --- The Time Has Come (taking
(inventory of canned foods)

CANNING (COMMUNITY)

2/12 --- A Peek At Pekin And Peoria
(Community Food Preserva-
(tion Conference.....
(January 17th -- 28th)
4/1 --- A Nearby Food Preservation
Center Makes Good
4/1 --- Proud Record (Peoria Meeting
(Report)
6/10 --- Canning Center In Pueblo
County

CANNING (HOME)

1/1 --- Pressure Canners No Longer
Rationed
1/8 --- Keeping One Jump Ahead
(1944 Canning Program...
(general points)
1/22 --- Getting An Early Start
1/29 --- Report On the Home Food
Preservation Conference
(Chicago...Jan. 13--15)
2/26 --- Home Canning Futures
(equipment)

--C--
(continued)

CANNING (HOME) continued

- 3/4 --- Thank Home Canners For Re-duced Vegetable Points
- 3/11 --- Problem Department (synthetic rubber rings)
- 4/8 --- Jar And Jar Top Jargon
- 5/6 --- Counting your Vegetables Before They Grow
- 6/3 --- Careful Canning
- 6/17 --- Follow The Rules
- 6/17 --- Winter Thirst Insurance (canning fruit juices)

CARROTS

- 4/22 --- Carrots By The Carload
- 5/13 --- Carrot Conversation

CEILING PRICES

- 4/1 --- Know Ceiling Prices

CHEESE

- 1/29 --- Restriction of Cheese (FDO 92)
- 2/5 --- Slicing The Cheese
- 2/19 --- This Cheese Stands Alone
- 3/11 --- Cheddar Chatter

CHICKEN

- 6/24 --- Chicken For Winter Meals

CHILD HEALTH DAY

- 4/29 --- From May Poles To Round Tables (food conserva-tion)

CHOCOLATE AND COCOA

- 1/22 --- Yes We Have Some Coffee And Cocoa

COFFEE

- 1/22 --- Yes We Have Some Coffee And Cocoa

--C--
(continued)

CONSERVATION

- 3/4 --- Cut Food Waste
- 4/15 --- Clean Plate Club Meets In Washington
- 5/6 --- College Coeds Consider Conservation
- 5/27 --- Conserve and Preserve

CONTAINERS

- 2/12 --- Save Those Hen Grenade Containers

CROP REPORT

- 5/13 --- May Crop Report (crop prospects for the season)

CROP CORPS

- 2/26 --- Top Dressing For Crop Corps ****(May go under Women's Land Army)

--D--

DESSERTS

- 2/12 --- If They're Having Company.. Dessert Party

DRIED FOODS

- 1/29 --- Dried Apricots For Hos-pitals
- 2/26 --- Fruitful Outlook
- 6/3 --- A New Name For An Old Standby

--E--

EGGS

- 1/1 --- Food Of The Week
- 1/1 --- What Dried Eggs Mean To The British
- 1/15 --- Be Sure It's A Good Egg
- 1/22 --- Three Strikes (ways of cooking eggs)

--E--
(continued)

EGGS (continued)

- 2/5 --- More Eggs For Civilians
- 2/5 --- To Add To Your Egg Index
- 2/19 --- Time And A Half Overtime
For Hens
- 3/18 --- Egg Lore
- 4/1 --- Special Message To Women
Broadcasters
- 4/8 --- Store Surplus Eggs At
Home
- 4/15 --- Use-- Another Dozen
- 4/22 --- Eggcentricities Around
The World
- 5/27 --- Held Over For Several
Weeks
- 6/17 --- EggsShell The Nation
(egg situation)

ENRICHING FLOUR

- 1/15 --- Enrichment Date Post-
poned

--F--

FATS

- 1/22 --- And Pass The Ammunition
- 2/5 --- Fats And Oils Allocated
- 2/12 --- What A Difference A Year
Makes
- 3/4 --- Fat News
- 3/18 --- Stop--Think--Save (con-
(servation)
- 4/15 --- Keep On Saving Waste Fats
- 4/22 --- The Lean Side of The Fat
Situation
- 6/10 --- Double Dividend On Waste
Fat

FISH

- 3/4 --- Fashion First In Fish
- 3/18 --- A Whale of a Fish Story
(Using Whale Meat)
- 3/25 --- Canned Fish Forecast
- 3/25 --- Pearls of Small Price
- 5/27 --- The Tide Turns For Fish

--F--
(Continued)

FOOD ALLOCATIONS (foreign and domestic)

- 1/22 --- Food For The Pearl Harbor
Of The Caribbean
- 1/29 --- American Food To The Rescue
- 1/29 --- A Problem In Division
- 4/15 --- Heavier Food Rations For
Heavy Industry
- 4/29 --- Africa Eats
- 4/22 --- Lend-Lease Has A Birthday,
Too
- 6/10 --- Post-Invasion Task Force
(United Nations Relief
(and Rehabilitation Ad-
(ministration)
- 6/24 --- Food For Relief Feeding
Abroad
- 6/24 --- United Nations Food Team

FOOD DISTRIBUTION ORDERS

- 1/1 --- Looking Back At The Food
Orders
- 1/29 --- Restriction of Cheese FDO 92
- 4/29 --- The Milky Way...FDO 79 amend
(ment)

FOOD IN FOREIGN COUNTRIES

- 1/8 --- It Pays To Be Scotch (food
(in Scotland)
- 1/15 --- There's Plenty Cookin'
(Greek recipes)
- 1/22 --- An American Looks At British
Food
- 2/19 --- Shopping...French Style
- 3/4 --- Where Life Is An Open Book
(London)
- 3/25 --- Basic Seven Foods In The
Slav Diet
- 4/29 --- Africa Eats
- 5/6 --- Homemaking In Hula Land
- 5/13 --- They Still Eat Cake (tea
(cakes in England)
- 5/27 --- Thistle Soup For Dinner
(Greece)
- 6/3 --- China Plans For Fuller
Plates
- 6/3 --- A Jamboree (jam-making in
(England)

--F--
(continued)

FOOD IN FOREIGN COUNTRIES (continued)

6/10 --- Food Notes From French
Newspaper

FOOD LABELS

1/29 --- All Dressed Up, Ready To Go
Places

FOOD PREPARATION (GENERAL)

2/19 --- When You Want To Whip Up A
Quick One

FOOD SITUATIONS

2/19 --- Frozen But Not Static
5/20 --- Tomorrow's Food Supply
5/27 --- Let This Statement Be Your
Guide
6/17 --- Sharing Our Food Basket

4-H CLUBS

1/1 --- Girls and Boys Together
(Massachusetts)
3/4 --- Hats Off (4-H Mobilization
(Week)
3/11 --- The Army Of The Homefront

FRESH FRUIT AND VEGETABLE REPORTS

Weekly feature dating from May 27th
issue...gives supplies of fruits
and vegetables in all regional mar-
kets. Goes under title "FEATURE THESE"

FROZEN FRUITS AND VEGETABLES

2/12 --- Cutting The Frozen Vegetable
Block

FRUITS

2/5 --- Make Room For Meat
5/20 --- Delayed Return Engagement

--F--
(continued)

FRUIT JUICES

1/8 --- Another Use For Grapefruit
Juice
3/25 --- Juicy Interim
6/17 --- Winter Thirst Insurance
(Canning Fruit Juices)

FUEL

2/12 --- Hot And Low

FUEL TABLETS FOR THE ARMY

4/1 --- Pease Porridge Hot

--G--

GIVEAWAYS IN "ROUND-UP"

3/4 --- Fashion First In Fish
(Bulletin #27 "Wartime
(Fish Cookery")
3/11 --- A Seed In The Mind Is Food
On The Table
(Bulletin MP 538 "Grow-
(ing Vegetables In Town
(And City")
4/15 --- Please Pass The Potatoes
(Potatoes In Popular
(Ways")
5/20 --- Write For The Garden Book-
let (OWI leaflet ...
(Growing Vegetables
(In Town And City")
6/17 --- Follow The Rules
(Home Canning of Fruit:
(And Vegetables")

GREENS

3/11 --- Tops Are Tops
4/15 --- Springy Spring Greens
5/6 --- Herbs, Our Grandmothers
Called Them

--G--
(continued)

GROW MORE IN '44 CAMPAIGN

4/1 --- Grow More in '44

--H--

HEALTH AND BEAUTY

3/11 --- Health Before Beauty
(Food for girls at
(dancing school)

HOME FRONT PLEDGE

4/1 --- Know Ceiling Prices

--I--

ICE CREAM

5/6 --- They All Scream For Ice
Cream
6/3 --- Ice Cream Is Good News Again

INDUSTRIAL FEEDING

3/25 --- Wartime Nutrition
4/1 --- Industrial Feeding Progress
4/22 --- More War Workers Will Be
"Eating In"
5/6 --- Something New Under The Sun

INSTITUTE FOR EDUCATION BY RADIO

4/8 --- Institute For Education
by Radio...May 5th--8th

--J--

JAMS AND JELLIES

1/15 --- For The Sweet Tooth
(More Jams and jellies
(in 1944)

--K--

KITCHEN EQUIPMENT

1/8 --- Arms...and the Kitchen

--L--

LAMB

3/18 --- Lamzy Divy (lamb supply to

LOW-POINT...NO-POINT

4/8 --- Low-Point...No-Point Coope
tion

--M--

MATS WITH A MESSAGE

5/20 --- Mats With A Message
(promotion designs on
(table tents, posters,
(etc.)

MEAT

1/8 --- Repeat Performance
(rationing and cooking)
1/8 --- 1944 Meat Story
2/19 --- Another Pork Bonus
2/26 --- This Little Pig Went To
Dinner
2/26 --- Lamb or Mutton
3/4 --- Nothing to "Beef" About
3/11 --- Nothing But The Best
(cookery research at
(Beltsville)
3/18 --- Lamzy-Divy--We'll Eat
Ham , Wouldn't You?
5/6 --- Ours Is To Reason Why
(the lifting of ration
(points on meat)
6/17 --- Meat Makes The Grade
(new meat grades)

MILK

2/5 --- Allocation of Condensed
And Evaporated Milk
2/12 --- Dividing the Powdered Milk
Supply
2/12 --- Here's One For The Books
2/19 --- This Cheese Stands Alone
5/27 --- Milk Takes A Bow
6/3 --- A New Name For An Old
Standby (dried milk)
6/10 --- Heavier Restrictions
On Cream

--N--

NUTRITION

- 2/26 --- More With Less (eating
(nutritiously in
(wartime)
3/25 --- Wartime nutrition
4/22 --- Golden Jubilee

--O--

ONIONS

- 2/19 --- You Weep With 'Em and
Without 'Em
2/26 --- A Rose By Any Other Name
5/20 --- Onions Are Back
5/20 --- Onion Gossip

--P--

PEANUTS

- 3/18 --- Peanut Prospects
5/27 --- Passing the Peanuts

PEARLS

- 3/25 --- Pearls of Small Price
(use of fish scales to
(make pearl essence)

PENTAGON CHIEF

- 4/29 --- Quoting the Pentagon Chief

POST-WAR FEEDING

- 3/18 --- A Peek At the Post-War
Feeding Problem

POTATOES

- 2/26 --- Plug Potatoes...any
variety
4/15 --- Please Pass The Potatoes
6/24 --- Eyes on the Potato

--P--

(continued)

POULTRY

- 1/1 --- Chicken...But Not Every
Sunday
6/17 --- Everywhere a Chick-Chick
(poultry situation)

PRESSURE CANNERS

- 1/1 --- Pressure Canners No Longer
Rationed
1/22 --- Getting An Early Start

PRICES

- 4/8 --- Keep Those Prices Down

PROCESSED FOODS

- 2/19 --- Another "Don't Waste It"
...Your Processed Food
Expectations

--R--

RAISINS

- 2/5 --- Raisins For Civilians

RATIONING PROGRAM

- 1/1 --- Neither Too High Nor Too Lo
Up And Down They Go
There'll Be Some Changes
Made
1/8 --- Repeat Performance
(Name and Address Please
(...on ration books)
1/29 --- The Dark Cloud (points for
(meats)... The Silver
Lining (brown stamps)
2/12 --- What A Difference A Year
Makes (fats and oils)
2/19 --- New Rationing 'Rithmetic
(tokens)
2/19 --- Another Pork Bonus
2/26 --- Temporary Changes

--R--
(continued)

RATIONING PROGRAM (continued)

- 2/26 --- Corrections in 2/19
Token Story
- 3/4 --- Sweet Story
- 3/4 --- Fat News
- 3/18 --- Play Fair and Square With!
Tokens
- 4/1 --- The Long View
- 4/1 --- Ration Rithmetic
- 4/8 --- Keep Those Prices Down
- 4/15 --- Heavier Food Rations
For Heavy Industry
- 4/29 --- Ration Reminders
- 4/29 --- It's Spring Housecleaning!
Time For Grocers...
(blue points)
- 5/6 --- Ours To Reason Why
(Lifting of meat
(ration Points)

RECIPE-MENU CONTEST

- 2/5 --- Victory Recipe-Menu Con-
test

RESTAURANTS

- 1/15 --- Eating Out Verses Eating
In

RICE

- 2/12 --- Rice Allocation

ROLLED OATS

- 4/22 --- Mairzy Doats Still A
Good Tune

--S--

SCHOOL LUNCH PROGRAM

- 1/15 --- Step Right Up Folks
- 1/22 --- More Food For School
Lunches

--S--
(continued)

SEEDS

- 4/15 --- Seed Wisdom
- 6/24 --- A Plot Against the Enemy

SOYA PRODUCTS

- 2/19 --- There's Gold In Them Thar
Hills (soybeans-)
- 3/11 --- Nothing But the Best
(cookery experiments
(at Beltsville)
- 4/22 --- Give soya macaroni A
Break

SPICES

- 3/11 --- Spicy Conversation
- 5/18 --- Spicy Survey

SPINACH

- 5/27 --- Spinach Squibs

SUGAR

- 2/26 --- Spooning Out the Sugar
- 3/4 --- Sweet Story
- 3/25 --- A Sweet Story For Home
Canners
- 5/13 --- Sugar In Battle Dress
(reasons for sugar
(rationing...sugar
(story since 1942)
- 5/20 --- Changes In Canning Sugar

--T--

TANGERINES

- 4/1 --- Long And Cool

TEA

- 1/8 --- Tea For You (1944 supplies)

--T--
(continued)

--V--
(continued)

TIN SALVAGE

3/18 --- Stop---Think---Save

TOMATOES

6/3 --- See About Your Vitamin C

TURTLES

3/11 --- Turtle Talk

--J--

UNRATIONED FOODS

1/29 --- Coming Up

UNITED NATIONS RELIEF AND REHABILITATION ADMINISTRATION....(UNRRA)

6/10 --- Post-Invasion Task Force
... (UNRRA.)

--V--

VICTORY FARM VOLUNTEERS

2/26 --- Top Dressing For The Crop
Corps (uniforms)

6/24 --- Keep 'EM Hoeing

VICTORY GARDENS

1/1 --- For Garden Fans and Future
Gardeners

1/15 --- Victory Gardens The
World Around

3/4 --- Garden Party

3/11 --- A Seed In The Mind Is
Food On The Table

3/25 --- Tips To Victory Gardeners

5/13 --- Did You Keep A Garden
Diary Last Year?

5/20 --- Get Going On Gardens

VITAMINS

2/5 --- Vitamin Allocations

6/3 --- See About Your Vitamin C
(Tomatoes)

6/10 --- Bushes of Vitamins (Buffalo
(Berries)

--W--

WOMEN'S LAND ARMY

2/12 --- They Saved The Crops

2/26 --- Top Dressing For Crop Corps

5/20 --- Women's Land Army 1944

WRAPPINGS

1/8 --- Burn The Wrappings (burn
(paper from overseas)

YEAST

1/15 --- Civilian Yeast Supplies Are
Raised

(-E-N-D-)

1994-1995

1994-1995

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